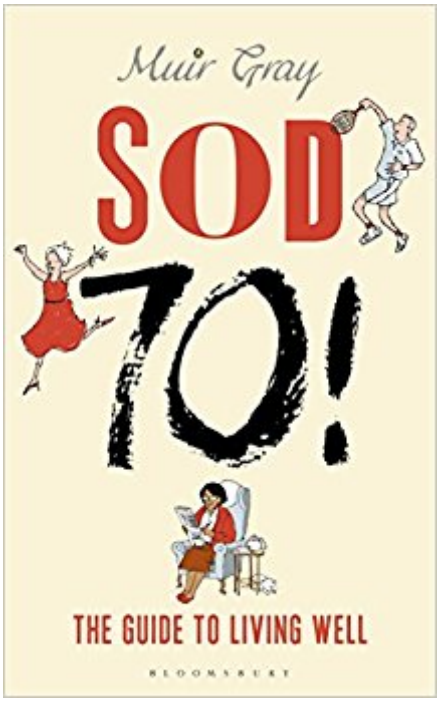
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Sod Seventy!: The Guide To Living Well



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Synopsis

Sod 70! Keep fit, keep the brain going, and with a spot of good fortune you can be living a fulfilling, active life into your nineties and beyond. This book Ã¢â ¬â œ part exercise book, part manifesto for a happier, healthier life Ã¢â ¬â œ tells you how. Many of us approach our seventies with an unhelpful stereotype lodged in our brains. The stooped figures on the road sign imply that ageing inevitably causes problems but many of these can be postponed or prevented because they are caused not by ageing, but by loss of fitness, preventable disease and the wrong attitude. Shake off the stereotypes and empower yourself. Embrace seventy, and make the most of it by following the simple resolutions created for you in this book, packed with ideas to help you get fit and healthy, in body and mind. This book tells you how to Sod Seventy! Ã¢â ¬â œ and live life to the full! Keep fit, keep your brain active, and with a spot of good fortune you can be living a rewarding, active life into your eighties, nineties and beyond. Part exercise book, part manifesto for a happier, healthier life Ã¢â ¬â œ this book will show you how. From the art of body maintenance to the importance of choosing healthcare wisely, Sod Seventy! is the practical and uplifting approach to living longer and better. The perfect gift for friends or relatives nearing seventy, or a present to yourself!

Book Information

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Customer Reviews

"A top doctor reveals the surprising little life changes that'll keep you fit for decades longer" - Daily Mail"Utterly readable and entertaining it is packed tight with very valuable information, written by one of the leading medical doctors in Britain. In his eighth decade himself, the author is well

qualified to dole out advice on living well as we age" - Irish Examiner"Age UK wants everyone to 'love later life' and this highly readable book, which draws on the latest science, helps plot the course for how we can achieve it. Decline is not inevitable but the older we get, the greater the need for positive action if we're to stay fit and well. Sir Muir explains the how as well as the why of this and as such this book deserves to be essential reading" - Age UK"The message of this book is that prevention is as relevant at seventy years old as at twenty. We now know that we can postpone many problems that we have assumed to be due to ageing but which well-designed research now proves to be due to loss of fitness, preventable disease and loss of morale. Your health in older age can be improved and this book gives you the recipe for good health in your seventies, and better health in the decades to follow" - Professor Dame Sally Davies, Chief Medical Officer for England

Sir Muir Gray is one of Britain's most senior medical figures. He pioneered breast and cervical cancer screening, and was knighted in 2005 for his work in the development of foetal, maternal and child screening programmes. He is now Director of Better Value Healthcare. Find out more on his website www.sod70.org

wasn't what I thought it was

brilliant book

very interesting and funny

Interesting reading.

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