



Exercise for a Longer Life: A Guide for Men Over 40

By Jonathan P. Brazee

Semper Fi Press. Paperback. Condition: New. 76 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. No Pain Means No . . . Pain and Yet a Longer Life An overwhelming body of science has changed the way we think about exercise and health. The key to a longer life is exercise, but exercise in moderation. Moderate resistance training can increase a mans lifespan by an average of seven years, and moderate cardio can increase it by close to six years. While a sedentary lifestyle shortens both life spans and quality of life, extreme training can actually shorten lifespan as well, especially for endurance athletes. It is not just lifespan that improves with moderate exercise. Overall health, sex, and mental functions all benefit with the proper exercise regimen. This guide targets the over-40 man who wants to get back into shape. Luckily, even those in the 80s and 90s can see positive results from exercise, particularly resistance training, so it is never too late. However, as we age, we are more susceptible to injury, so care must be taken to design an exercise regimen that maximizes benefits and minimizes wear and tear and injury. The first part of the book summarizes the results...



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