



## Use It or Lose It: Be Fit, Live Well

*Garth Gilmour, Peter Snell*

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## **Use It or Lose It: Be Fit, Live Well** Garth Gilmour, Peter Snell

Olympic gold medalist Peter Snell challenges you to think very seriously about your health and fitness, whatever your age right now. A great deal can be done to enhance your quality of life as you get older, but only you can do it. Use it or Lose it explores the problems and their causes and is packed with advice on how you can use simple activities, exercise and plain common sense to take control of and enhance your life. This comprehensive book is written in association with a living example of Peter Snell's philosophy, the now 80-year-old Garth Gilmour. Table of Contents Introduction; Getting Started ; Fat facts; Deadly Diabetes; The Dilemma of Diet; Heart Disease and Stroke; The Way we Age; Fitness; The Use it or Lose it exercise program; The effects of exercise; Your time is now all yours; Acknowledgements ; References; Quizzes

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