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Secrets of an Over 50 Former Fat Man: Losing Weight and Getting Fit Especially for Those Over 50 Years Old

Scott Deuty

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Follow the journey of a man who loses nearly 60 pounds and keeps it off due to a lifestyle change. More than just another "what" to do book, this work provides valuable insight into obtaining fitness as well as retaining fitness all while enjoying the process. The story unfolds as it happens in an interesting documentary that anyone can implement whether you are young or above 50. The work does focus on an area that has little material available; men over 50. Whereas most books focus on an exercise routine and stringent diet, this work targets the main methods for losing weight in a sensible, enjoyable manner. The main theme centers on the mental effort rather than the physical. We all have the power of choice in life. Once you decide you desire a certain look, use these methods to achieve the same success as the author by implementing a lifestyle change. It's much easier than you think. Use the mental methods to incorporate physical activities and eating habits that are easy and fun to do. No more sweating and starving. You are going to like the way you look and feel while enjoying the journey!

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