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The Rejuvenation Age - Youthful Strategies For Boomers & Beyond

You don't have to let ageing ruin your health and fitness. As we age, changes occur in our bodies and minds, but there are certain ways [you can resist the downside of ageing and take steps to prevent diseases which prey on older bodies](#). This report gives you guidance on steps to take to help you feel spry and live longer as the years pass.

No matter what your age or level of fitness, you can begin an exercise program to help you overcome the many detrimental changes which make you look and feel old. For example, certain exercises can help your balance – so you don't fall as easily and risk broken bones and a long term recovery period.

Diet can also help you resist ageing. The foods you choose are a definite plus or minus to the ageing process and keeping you looking and feeling young and energetic. Your skin will show the result of your diet as will your organs and you should choose everything you consume accordingly. It may be necessary to change your entire way of thinking about food because of the way food is digested as you age.

"The Rejuvenation Age – Youthful Strategies For Boomers & Beyond " explores the various methods of looking young and protecting yourself from maladies which may affect you as you age. You'll find posture is very important – not only for the way you look, but to keep your organs (especially your digestive tract) working properly.

It's important to test your fitness level before embarking on any type of exercise or diet programme. You'll discover how to test your fitness level and how to choose the type of exercises you'll enjoy and continue performing rather than giving up because it's too difficult or you're bored.

You'll also learn about future trends designed to keep you young and healthy. Even the clothes you wear can help you fight against certain diseases and alert you to problems you might be experiencing.

"The Rejuvenation Age – Youthful Strategies For Boomers & Beyond " can change your life for the better by helping you turn back the ageing clock so you'll feel better, look better and make better choices. Don't underestimate your own power to pull yourself out of a downward spiral of ageing and get yourself back on track to live a full and healthy life.

Chapter 1: Ageing Doesn't Mean You Are Finished!

You may laugh at the television commercial showing a senior lying on the floor and calling, "Help! I've fallen and I can't get up!," but falling is one of the most serious things can happen to an older person. The risk is broken bones and the long recovery period it takes to heal – a devastating accident which can fast-forward the ageing clock by years. Only by taking steps to keep yourself fit and making choices to keep your weight under control and your muscles and bones in the best of health can you expect to beat the

ageing clock and live the rest of your life with zest.



Seek Out Challenges

As you age, weight gain has a way of creeping up and up until you find yourself out of breath climbing a flight of stairs or even walking across the room. Obesity is one of the main problems in our society and especially in seniors whose metabolism is slowing down and activities are sometimes drastically decreased.

If you're finding weight creeping up and your general health in decline, it's time to challenge yourself to fight the weight and begin to make better choices to protect your health. Here are some challenges you'll want to put into place to make your later years happy and healthy:

- **Stay Active** – Keep moving even though you may not be going to work and have moved to a smaller area. Take stairs, walk whenever you can and make it a day to day challenge to find new ways to stay active and fit.
- **Motivate Yourself** – You can keep motivated to exercise and eat properly if you focus on the reasons for doing so. Short term goals such as losing weight can lead to the formation of long term goals such as staying healthy and not becoming a burden on your children or society.

- **Begin or Keep Up with a Fitness Regimen** – Just because you're aging doesn't mean you have to give up your fitness regimen. As long as your health care provider agrees, keep the exercises you're not performing. If you don't have an exercise regimen, find one you like and won't bore you.
- **Make Better Dietary Choices** – Sometimes seniors crave spicy, sweet and salty foods, but too much of those choices can be bad for you and it's important you cut down on such treats. Your metabolism slows as you age, and unless you need to put on weight, stay away from high calorie and harmful foods.
- **Seek Support** – There are multitudes of group classes for seniors which can keep you fit – or you can enlist the help of a spouse or friend to help you focus on and motivate you to work out and stay healthy.

It's also important to celebrate when you succeed in an exercise and weight loss programme. Keep a log or journal of what you're doing to stay fit and make it a point to look back and see what you've accomplished. Celebrate by doing something to make you happy and will keep you motivated.

Pamper Yourself!

The word "pamper" sometimes has a bad connotation because of our Puritan work ethics which dictate hard work at all times and even at the expense of our own minds and bodies. But, pampering is a known and proven method of taking care of yourself and gaining the benefits it brings to the anti-ageing table.

Here are some of the ways you can pamper yourself to turn back the ageing clock and feel and look better:

- **Skin Care** – Most of us run through the day barely having time to eat well or take proper care of our skin. As you age, the skin needs even more care because of less hydration and various other reasons, so it's very important to pamper yourself with proper treatments and daily care to will keep the skin supple and glowing. Such treatments for the face include exfoliation, massage and deep cleansing.
- **Healthy Nails** – Women usually don't need an excuse to have their nails done, but men should also have their nails done on a regular basis to keep them looking healthy and young. Manicures and pedicures are relaxing and the creams and oils will help to nourish the skin around the nails.
- **Stress Relief** – However you pamper yourself can help to relieve stress which may cause health, mood and mental problems such as depression, headaches, tension and anxiety and withdrawal from others. Pampering yourself can be a great stress management tool. Try a massage or facial to relax the muscles and nourish your skin.

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- **Detoxify Your Body** – Some spas offer detoxification methods in conjunction with massage and scrubs (sometimes using heat). They include a deep cleansing and moisturising of the skin to can help get rid of toxins in the body and provide a boost to the immune system. Afterward, your body will glow and look much healthier and youthful.
- **Loosen Tight Muscles** – One of the most relaxing things you can do for yourself is to schedule a massage to relieve the tension. Retirement doesn't necessarily mean that you relax more, and massage can also help relieve pain, headaches, joint aches and anxiety. Bob Hope once said the secret to his longevity was the massage he got on a daily basis

Pampering yourself will give you a sense of renewal and zest for life in everything you do. Whether you go to a spa or take a personal day at home to pamper yourself, it's a great time to meditate and focus on your health.

The "Little Engine" That Keeps Pumping

Your "little engine" is your heart and you should take every step possible to keep it healthy as you age. Cardio exercise is one of the best ways to resist the devastating results of lack of exercise for your heart. When your heart isn't healthy, it can't pump the needed amount of blood and oxygen to the brain or other areas of the body.

Eventually, you won't be able to do the things you used to do because just a small amount of activity will tire you out. Ligaments and tendons won't be as flexible and your muscle mass is reduced when your heart isn't working as it should. Don't simply accept an inevitable decline in your activity because of ageing. Instead, find cardio exercises you can do and enjoy so you keep your little engine soaring along the highway of life. Later in this guide, you'll find some recommended cardio exercises designed to keep you healthy, fit and flexible.

Coping with Achy Joints and Soreness from Exercise

Whether you're beginning a new exercise program or revving up one, you'll likely experience some achy joints and muscle soreness. There are ways to alleviate the suffering which often comes with exercise. One is to ease into an exercise program – especially if you've been a couch potato for awhile.

When you experience pain, you may want to simply lie down in bed, but that's just the opposite of the remedy you should be using – exercise. When you move your joints, they're getting nutrition to strengthen the muscles and help them support your joints.

It's best to begin any exercise programme slowly and with a green light from your doctor. You shouldn't exercise at any time to the point you're experiencing pain, but ease into a routine and gradually build up your endurance.



Experiencing pain during or after exercise means you've injured or stressed your muscle in some way. If you do experience sore muscles and/or joint pain after exercising, it's best to use "indirect ice," which is an ice pack wrapped within a towel. Heat might feel good at first, but it won't help you heal.

Use of an anti-inflammatory over-the-counter gel such as ibuprofen may also help ease the pain associated with exercising. Just be sure your doctor approves of this treatment method and you don't have a condition that may exacerbate the situation. If the pain goes on past a few days, consult your physician.

One good way to prevent injuries when exercising is to test your fitness level before embarking on any type of exercise program. Chapter 2: Testing Your Fitness Level will show you how to test your level of fitness and provide some exercises which you might like to try.

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Chapter 2: Testing Your Fitness Level

The over 60s have extra incentives to test fitness levels, including the possibility of heart attacks, strokes and endurance. One of the reasons to keep fit as you age includes the fact that we lose up to a half pound of muscle each year unless you're engaging in strength training. Weakness of muscle can cause a slowing of metabolism, which increases the chance of obesity and higher risk for injuries and disease.



Now, there are fitness tests to help you determine how fit you are and which exercises will help you lead a more healthful life. For example, you can test your core strength by holding a plank pose and timing yourself as to how long you can hold it.

Strength ratings vary with age, but if you're age 60 to 69, you're in poor condition if you can only hold the plank pose for under 30 seconds and excellent condition if you can hold it for more than 1 ½ minutes.

There are also online test instructions for core strength, upper body strength, lower body, endurance and more. Testing your fitness levels is important when beginning a

new or different exercise program and can keep you from experiencing fractures and other problems.

You may want to ask your health care provider for guidance in beginning an exercise programme that's right for you.

Exercises for Any Fitness Level - Find One You Like

There are aerobic, non-aerobic, strength, core exercises and many more you can engage in no matter what your fitness level. In accordance with your fitness level, you can begin to set up a programme based on the type of exercise you enjoy most. If you are a beginner, one who has been not very active recently you can start by downloading some gentle exercises to do from the internet. You should always consult your doctor before taking unaccustomed exercise so as to check you are starting a programme at the appropriate level for you.

It won't do you any good to set up a programme of exercises that you hate. You'll end up resenting the time it takes to perform them and you won't stick to it. Think about the activities/hobbies you enjoy and try to find some good exercises which will fit into the niche.

For example, if you're a senior who loves dancing, you may want to try Zumba (there are Zumba classes for seniors), an aerobic/anaerobic type of exercising performed in classes and led by an instructor who'll teach you all the moves to some fun tunes.

Recent research in 2015 by health care provider Nuffield Health shows that the over 65s in the UK are the most frequent gym users according to figures from 75 clubs.

Swimming may be your style, and you may want to consider joining a leisure centre with a swimming pool near you. Most offer "water aerobics" classes which will help you stretch and strengthen without the stress on your bones and muscles most exercises cause.

Also, consider your goal from exercising. Do you want to lose weight, get healthy or have more energy? It's never too late to begin an exercise program which will improve your lifestyle and your outlook on life.

Can Where You Live Affect Your Fitness?

Years ago, we might have never given any thought to how the place we live might affect our health and fitness levels. Now, we know locations can influence our health and lifestyles and help or prevent us from living well.

Recent statistics show that smog, pollution, available fitness facilities and opportunities, quality of water and how each local government manages its fitness incentives has a great deal to do with how healthy a location's population is.

Sometimes, there's little we can do to improve our environments, but the way we react to our situations can make a difference. When you do everything you can to make your home pollutant free, drive a non-polluting car and eat healthy, you're doing what you can to improve your own quality of life.

Also, when the weather is sunny and enjoyable, people tend to hike, bike and run more and the fitness levels for the population living in a certain area goes up. Medical facilities also tend to be better in those places where people flock to enjoy the climate.

If you're stuck living in an area where the weather isn't very conducive to activity, educate yourself about what's available and then take advantage of what you are offered.

How to Minimise Your Risks of Injuries



As we age we face the risk of injury when exercising because bones may become thinner and some health conditions can cause inactivity and loss of muscle mass. There are a few things you can do to cut the risk of injury, including [the following tips from doctors and physical therapists](#):

- **Strength Training** – This is the one type of exercise you can do to help reduce the decline in bone density, endurance and muscle mass. Strength training might include weights and band exercises.
- **Begin Slowly** – Don't compete in a marathon until you're conditioned for it. Combine aerobic, strength and flexibility exercise to get yourself into the best shape possible before you begin a serious exercise routine.
- **Know Your Limits** – As you age, it will take a bit longer to recover from an injury or an intense workout. Give your body time to rest and rejuvenate before putting it through hoops again.
- **Diversify** – Don't do the same old exercises all the time. Mix up cardiovascular with strength and core exercises.

Consider fall-proofing your home by adding some devices to rooms such as bars in the bathroom for pulling yourself up and standing in the shower, ensure that all steps are in good shape and rugs are secured on the floor.

You can minimise your risk for injuries by thinking ahead and not taking chances which would result in losing your independence because of a serious injury.

Chapter 3: Posture - The Overlooked Measure of Fitness

Maintaining good posture is an important part of fitness – especially if you're a senior. Posture determines your sense of balance and if it's off kilter, you risk serious injuries from falls or when performing activities.

The way you hold your body is a process of both your brain and body. The brain processes how you're moving and navigating and the wrong signals can have serious consequences.

Here are some tips to make sure your posture is the best it can be:

- **Practice balancing on one leg** – Anyone can improve posture and balance by practicing balancing on one leg for a minute or so periodically. Soon, your brain will begin to get the message that it needs to stabilise your balance to keep you upright. This will automatically help your posture because balance is an important part of posture.
- **Practice grabbing a cloth with your toes** -- As you stand upright, try lifting a piece of cloth or towel with your toes. Also, practice the same exercise while sitting down.

- **Perform various exercises while standing** – While standing, try closing your eyes and tilting your head to one side. Try various positions of your hands and also while talking or not.

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- **Walk backwards to see how steady you are.** Be sure a wall or counter is beside you as you walk back so you can steady yourself if needed.

Better posture not only helps your balance, but also prevents pain which occurs if you begin to notice your muscles are pulling you forward and are not balancing you whenever you sit or stand.

Poor Posture Can Make You Look and Feel Older

As you age, your body automatically tends to lean forward and move your centre of balance, making you unstable as you go about your business and increasing the chances of falls

Stress on your back increases the chances of problems in your joints and could compress discs in the back and neck causing pain and less mobility. When your muscles are flexible, you'll look and feel better and your movements will be more in sync.



For example, if you tend to slouch while sitting you'll cause more pressure on the vertebrae and can cause a more permanent balancing problem when you walk or try to exercise.

If you sit for long periods of time, be sure your chair and computer are set appropriately to protect your posture. Posture is such an important part of growing older that you should strive to improve and protect it by any means possible.

Some other ways you can improve your posture include:

1. Standing with your back to the wall and your heels about two inches out, hold your chin to your chest. Now, try to touch the wall with the back of your head (chin remaining tucked to the chest). You may not be able to accomplish this exercise right away, but keep trying.
2. Standing on one leg, hold onto a table with both of your hands. Now, release one hand. Practice this exercise a couple of times a day, alternating feet. Your balance should significantly improve with practice.
3. Progress with exercise #2 by eventually holding on with just one fingertip, then without holding at all and eventually, try to close your eyes without holding to anything.

Serious falls are the most frightening things older persons can face and one that can be prevented by practicing balancing exercises and proper posture. If your lack of balance is caused by medication, you should discuss the problem with your health care provider and see if there might be another option.

Chapter 4: Rewinding the Ageing Clock

The clock keeps ticking and we're all getting older, but there are some things you can do to help minimise the effects of ageing on the mind and body. We're all going to experience changes caused by our diets, exercise, environment, genes, illnesses and other issues, but some choices we make as we age can help us look and feel as good as we can.

The brain is affected by age as much as the body. It's vulnerable to the same influences which affect the body and can also have an impact on our overall health status. As you age, you should be very aware of your mental health and seek help if you suspect a disorder.

Here are some aspects of ageing that could happen and could be red flags of conditions needing to be addressed:

- **Decrease in organ capacity** – As you age, the organs become more rigid and function decreases. Cells and tissue changes affect the organs, causing the rigidity, so the more you can exercise and keep flexible and hydrated, the better your organs will respond.

- **Decrease in nerve cells** – Thought processes and memory loss may be the results of decreased nerve cells. Activities especially for mental acuity and moderate exercises for strength and cardio can help restore nerve cells and help your reflexes.
- **Medication side effects** – Ageing sometimes brings more medications into our lives, causing increased stress on the organs and it may take more time to recover from an illness or injury. Speak to your doctor if you feel that medications are causing side effects.
- **Decrease in sensitivity** – Nerve changes as you age may affect your senses, causing changes in vision, taste and hearing. There is little you can do about nerve changes due to ageing, but you can adapt to the changes to make it less acute.

Defy Gravity - How to Minimise the Effects of Gravity as You Age

Gravity can ease your body into the effects of gravity by causing wrinkles, cellulite and a number of other problems. Gravity isn't kind to us as you age, pulling your organs and skin downward and transforming you into a person it may be difficult to recognise in the mirror.



Sir Isaac Newton understood gravity and how it's tied to the moon, but it's likely he didn't understand the force it has on the human body. Gravity causes a cumulative effect that takes place throughout the years and becomes more noticeable as you age.

The constant, downward pull of gravity on your back, organs, face and all other areas of the body have a profound effect as you age and to fight it, people exercise. But, exercise can also harm the body as well as be beneficial to it. Named "compression" fatigue, running or exercising can cause your body to pay the toll of gravity.

Below are some ways your body can be affected by the pull of gravity:

- **Fall of organs within the body** – Besides the outside of your body, gravity works within – pulling the organs from the appropriate place in the body. You may experience bladder, digestive or kidney problems because of gravity on the organs.
- **Compression of the spine** – Many senior citizens experience back problems as they age. The vertebrae and discs can become tight and unyielding mostly due to a lack of moisture. You may lose up to an inch of height as you age.
- **Poor circulation** – Just as gravity prevents a river from flowing up hill, so it can cause blood circulation from taking appropriate upward channels through the body. You may develop swelling in your feet, lose hair or develop varicose veins because of poor circulation.
- **Flexibility** – Losing height and gaining weight as you age causes a greater impact of gravity on your body. You can quickly lose the ability to garden, exercise and enjoy life without flexibility.

It's interesting to note that astronauts sometimes grow up to two inches when they're in space. Because of no compression effect on the body, the discs and spine enjoy good health and stay moisturised.

The best way you can deal with the affects of gravity on the body is use the inversion technique. You probably prop up your legs and feet to get the pressure off your limbs and relax because of gravity.

You can use inversion to help improve circulation, keep your organs in proper place, increase flexibility and keep the spine elongated. The inversion technique means you'll slant your body on an inversion board, making sure the head is in a downward position so the organs and spine are being elongated.

The inversion technique can greatly improve the effects of gravity on an aging body.

Foods to Keep You Young

There are certain foods you can use as powerhouses to keep you young and even turn back the ageing clock. You may have heard of some, but here is a list of no-brainer foods which can transform your body and help you look and feel younger.

- **Berries** – Any type of berry contains tons of antioxidants for improving your memory and helping cell production by combating free radicals. Your complexion will also improve when you eat berries on a regular basis.
- **Dark, leafy greens** – For vision and reducing bone loss.
- **Protein foods** – Chicken, turkey, lean beef, seafood, eggs and legumes can all help to improve your metabolism. Dairy high in protein can also help to keep your blood pressure in check and your bones in good shape.
- **Whole grains** – Oats, brown rice and whole wheat items can keep your weight in check and protect you against diseases such as cancer, heart disease and diabetes.
- **Red wine and some other drinks** – The fruits of vine drinks contain resveratrol which is an anti-inflammatory and antioxidant to can help protect the cells in your brain and heart. Coffee also lowers the risk of Parkinson's disease and Type 2 Diabetes.

Don't forget to hydrate with water. Its main effect is to keep your joints and skin flexible and filled with moisture.

Flexibility, Strength, Endurance and Balance

These four elements are the main ingredients in the formula for keeping a young and vital body and mind. When you exercise, you're winning an anti-ageing jackpot that can help you build muscle mass, boost metabolism, keep you fit and slim and help your heart and lungs.

Studies show seniors who engage in a regular exercise regime lead a longer and more independent lifestyle and suffer from less medical maladies which may affect the elderly.

As you age, you should to make a strong commitment to exercising and keeping your body as fit and flexible as possible.

Chapter 5: Future Trends to Keep Us Young and Healthy

There have been enormous strides in health care and preventative medicine in the past few years, but we still have a long way to go to convince people that taking care of

ourselves can prevent the need for long term health care because of diseases and injuries.

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As the ageing population grows centres and communities catering for seniors will also start to grow to match demand; and you should take advantage of the various exercise programmes and facilities they offer and live a healthful and vital lifestyle.

Today, you can wear technology which can monitor you as your exercise. You're likely familiar with watches showing how many steps you take every day and even monitor your fitness levels. Future trends for wearable technology include the ability to wear a shirt that can send data back to your phone for later downloads to a fitness site.

Types of Wearable Technology

If you're a senior sports enthusiast, you may want to choose from some of the many items offered to monitor your progress and performance in sports as well as monitoring your health at the same time.

Golfers can wear devices to help improve your swing and which clips onto your golf glove. See your ball distances and putting accuracy and sync them on other devices. Those same devices can also monitor your heart rate and blood pressure.

Choose from devices which can give you information about your performance in baseball, tennis or basketball designed to improve your play and also let you know what shape you're in.

This type of wearable technology can help prevent injuries and strokes or heart attacks while playing a game. There are also wearable health devices to help you monitor certain physical conditions such as high blood pressure.

Keep an eye and ear tuned to types of wearable technology which might help you live a better lifestyle – and be sure to ask your health care provider about future devices which might be of service.



Strides Made in Health Care

Demands on our health care systems are going to increase rapidly during the next decade. It's going to be a challenge and extremely costly to deal with the number of persons aged 65 and older who have chronic conditions which will cause a burden on the system.

Challenges in health care can be decreased or at least minimised if health interventions and advanced technology can prevent disability among the elderly. As more is known about ageing, prevention methods can be taken to help seniors keep fit and mentally alert so less need for long term health care is necessary.

As you're better able to monitor your health and keep records on your smart phone or computer, doctors will be more able to help you prevent diseases and complications which may arise when you age.

At some point, your blood pressure, weight and cholesterol data can be sent to your doctor or you can share information with others who have need for your medical records.

Emergency medical cards which have smart phone capability can be placed in your wallet and when you connect the card to a smart phone, the records will be pulled up immediately.

immediately.

Devices can be worn to monitor lower back and posture. The LumoBack Posture Sensor is worn on the lower back and vibrates if you're not carrying yourself or sitting properly. This device is excellent if you suffer from back pain or need to improve your posture.

Advancements in Alternative Health Care

As people begin to age, they're turning more to alternative methods of health care. This is partially the cause of the high cost of health care treatments and more advancements being made in the alternative health care industry.

Conventional, Western-type medicine only provides care for 10 to 30 percent of the world's population. The remainder is provided by alternative traditional medicine. Complementary and alternative medicine is becoming more popular in the United States and the UK because of a better understanding of what it offers.

Alternative health care includes such methods as acupuncture, massage, herbal remedies and other types of treatments which can help to prevent or treat conditions without all the side effects of modern or prescribed medicines.

There are a number of different practices. The main categories with a few examples include:

1. **Mind/Body** – Prayer, healing through art and dance and meditation.
2. **Energy Therapy** – Qigong, Bio-electromagnetic, hypnosis and touch.
3. **Manipulative** – Osteopathic, massage and chiropractic.
4. **Alternative** – TCM traditional Chinese Medicine, homeopathy, Ayurveda and Naturopathy.
5. **Biological** – Vitamins and natural products such as herbs.

Many practitioners are now using alternative medicine in conjunction with traditional medicine. Treatments such as aromatherapy for use after surgery are sometimes used to decrease the discomfort of a patient.

As more becomes known through scientific studies and medical trials, alternative medicine will likely become more of a driving force in the treatment of the elderly.

In the quest to fend off the debilitating effects of ageing, the more knowledge you have about what's going on in health studies and medical trials the better able you'll be to take care of yourself properly and resist the possible detrimental effects of the ageing process. Now, isn't it time for a walk?

Michael Paterson is the founder of the60life.com a website dedicated to sharing useful information of particular interest and value to the over 60s. This information may comprise articles, news, tips and services/product reviews. He enjoys researching and writing about various topics on health, wellness and life style to share with fellow 60-lifers.

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