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years ahead. You will feel better, look better and younger and reduce your risk of disability and dementia. As we get older too many of us spend our time sitting and not exercising. This is a call to arms – a bonfire of the slippers! Walk more, get moving, get exercising, get fitter, and feel better!

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This handy book shows you how. With easy exercise ideas created by Green Goddess and health and fitness expert Diana Moran, with text from Sir Muir Gray, author of the bestselling Sod Seventy!, this is the perfect present for yourself, or for anybody turning sixty, seventy or eighty!

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Knowing what we should or shouldn't be eating these days can feel like a bit of a minefield. Are eggs good for me? How many of them a week am I allowed? Is butter good, or should I be buying a vegetable oil spread loaded with special ingredients to lower my

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practical, evidence-based advice on managing the major risk factors underpinning dementia, this book will inspire readers to adopt simple but effective lifestyle changes that anyone can make and to take positive action to increase their brainability and live better for longer.

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Midlife is a turning point. It is a time to take stock – to think about where you are and where you want to be. But everyday life can be distracting. Family, work, and everything in between, can get in the way of your goals and objectives. And without knowing it, by the time you reach

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