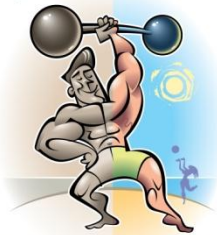


Strength and Fitness for a Lifetime: How We Train Now

“*Strength and Fitness for a Lifetime: How We Train Now*” is a collection of more than 40 individuals from across the country who have shared how they have fine-tuned their strength and fitness regimen to suit their goals and needs. Do not be fooled into thinking that this is some “old farts” catalog that discusses “this injury or that one.” And it certainly isn’t a “poor me” attitude that these contributors focus on as there’s very little mentioned of what cannot be done any longer. To the contrary, this compilation has a very strong focus on what CAN be accomplished. These individuals are not to be deterred by age or contraindications as they have found and established desirable goals and have stopped trying to put the “square peg in the round hole” as they’ve grown through the years. Sharing their fitness program in these pages is, to say the least, inspiring and thought provoking. There is much to glean from these contributors and when you think there’s no hope, read through these pages, knowing that no matter what, strength and fitness can and should be for a lifetime! – Fred Fornicola

STRENGTH and FITNESS *for a* **LIFETIME**



How We Train Now

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Bill “Wicked Willie” Peel, Bill Piche, Rick Rignell, Dan Riley, Dennis Rogers
Doug Scott, Bob Sikora, Peter Soderman, Janice Vale, Wayne Westcott
Brian Wilt, Dwayne Wimmer, Richard Winett

“Exercise has been part of my life for more than forty-five years. It is far more important for me and all adults to participate in meaningful exercise to help maintain or possibly improve the quality of life. For some adults it is difficult to find the motivation and easy to understand evidenced based information. “Strength and Fitness for a Lifetime: How We Train Now” should provide both the information and the inspiration to help get you started or find new ideas to add to current exercise regimen.” – Dan Riley

“We, the Baby Boomers and seniors, are the fastest growing demographic in America. Building and maintaining vibrant health and fitness benefits us individually, of course, but also collectively as a nation. “Strength and Fitness for a Lifetime: How We Train Now” takes a look at how some of us “just do it” at any age.” - Logan Franklin

“It’s still unusual for people to be training diligently and hard in their middle to older years. So much of the available information and materials are geared toward people just starting to train or for serious, but younger people. I thought by being involved in this project I would gain a lot of understanding about how people have stayed motivated and adapted their training as they’ve become older. At the same time, I wanted to contribute my own experiences to this project because I believe they can be helpful to others”. – Richard Winett

To order your e-book copy, visit Strength and Fitness for a Lifetime: How We Train Now or email Fred Fornicola at fredfornicola@gmail.com. The cost is \$10.00.