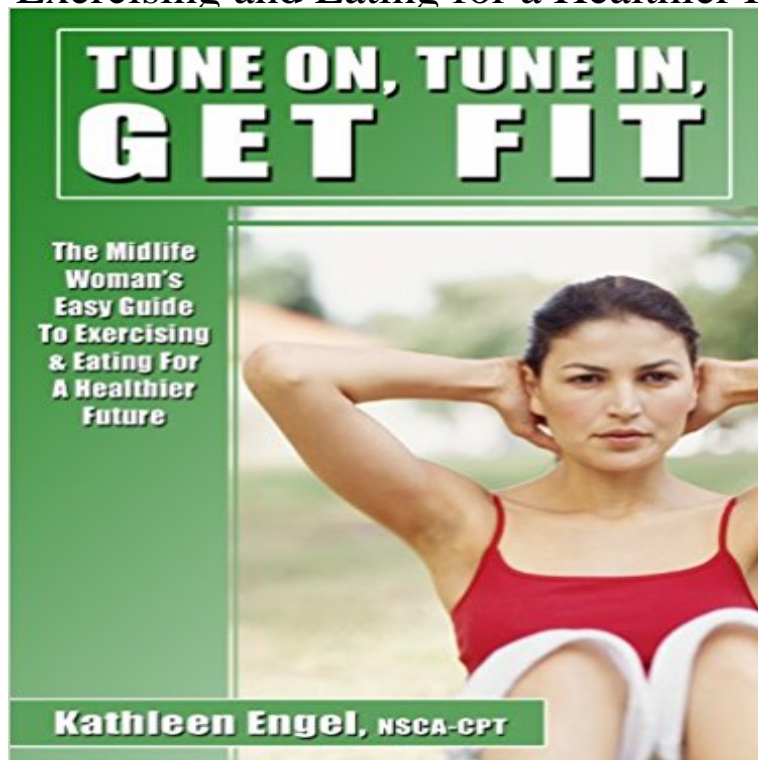


Turn On, Tune In, Get Fit: The Midlife Womans Easy Guide to Exercising and Eating for a Healthier Future



Think life after 40 means your good years are over? No way! Turn On, Tune In, Get Fit: The Midlife Womans Easy Guide to Exercising and Eating for a Healthier Future is a must-have basic resource for women in midlife who want to get fitter and healthier. Written by Kathleen Engel, a fitness writer and personal trainer certified through the National Strength and Conditioning Association, Turn On, Tune In, Get Fit provides: - A gentle intervention to help you get motivated and keep moving forward - A simple, easy-to-understand weight training regimen you can perform at home - Doable recommendations for improving your cardiovascular health - Sensible nutrition suggestions that are tasty and healthy - Stick with it advice, including additional exercises you can add to your routine

ABOUT THE AUTHOR Kathleen Engel is a 56-year-old certified personal trainer, writer and editor. Kathleen has contributed to a number of health and fitness publications over the past 2 decades, including Muscle & Fitness, Muscle & Fitness HERS, REPS!, Oxygen Magazine, Amazing Wellness, and Health Monitor publications and web site, and was acknowledged for her contributions to the book, 101 Workouts for Women (Weider Publications, LLC, 2007). A devoted gym member for the last 20 years, Kathleen competed as a natural bodybuilder at age 41.

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