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Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation exercise body image disordered eating and more Reproducible forms and handouts can be downloaded and printed in a convenient 8 1 2 x 11 size

Training For Your Old Lady Body Elizabeth Davies,2026-03-19 Simply the best book I ve read on women s fitness and health PROFESSOR ALICE ROBERTS A roadmap for being strong capable and free in our bodies at every age JAMEELA JAMIL Witty data driven and realistic the only way exercise should be written about JENNIFER COX What comes to mind when you picture your older self For too long social media and the fitness industry have prioritised aesthetics over our health Every year we are bombarded with the message to train for our bikini body warping our relationship with exercise and flooding us with misinformation It s easy to feel overwhelmed or worse give up on your fitness journey altogether When Elizabeth Davies wet herself during an exercise class she realised she knew next to nothing about her body Ditching her law career to become a personal trainer meant she discovered some real home truths along the way Like learning that muscle mass decreases by approximately 3 8% per decade after the age of thirty or that osteoporosis affects one in three women over the age of 50 worldwide Finding the best products to fight wrinkles might make you look younger but they won t protect your muscles or your bone density And what about mobility Your pelvic floor Your heart Introducing Training For Your Old Lady Body learn how to move your body now in a way that sets you up to stay strong active independent and resilient as you grow older This is not a six week bikini body transformation It s a way of training for life

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