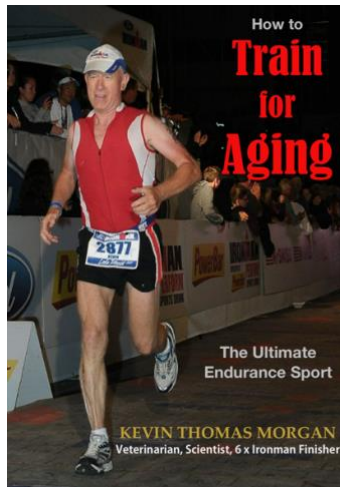


I can change you into an aging warrior.



The seven critical areas of awareness.

1. Genetics – be informed to be ready.
2. Infancy – nutrition.
3. Childhood – parental conditioning.
4. Young adulthood – peer pressure.
5. Career – pressure to produce.
6. Mid-life – the road you chose.
7. Retirement – the rubber hits the road.

Everything you do in life, from conception until your later years, will determine how well you age. Including your physical, emotional, intellectual and spiritual health.

My goal is for you to become more aware of how these issues will impact your aging, and how to fix them. My book, "[*How to Train for Aging, The Ultimate Endurance Sport*](#)," provides much-needed detail based on extensive personal experience.

For the seven issues, I'll give you my situation, to encourage reflection on your particular case.

Awareness will be the key to your success!

Genetics



My case: terrible blood fat profile and a connective tissue disorder.

How about you?

Childhood



My case: mild rickets -> weak bones and teeth, short stature.

How about you?

Young teen – parental conditioning.

My case: Mum promoted activity and education, good grounding.

How about you?

Young adulthood – peer pressure



My case: we had no money, which saved me from this peer pressure.

How about you?

Career



My case: out of shape for ten years, then got into multiple sports.

How about you?

Mid-life (a doozy)



My case: depressed briefly, then moved onto many different jobs.

How about you?

Retirement (Oh boy!)



My case: never did and never will. *“Chopping wood, carrying water.”*

How about you?

Want to fix those aging issues and get a life?

It's simple:

Read my book. With a little work and guidance you'll get there,

-kev aka [FitOldDog](#)



Buy Now