



Living Young: 32 Habits of Ageless People

Andy Troy

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Have you ever wondered why some people age better than others? Your lifestyle can have a huge impact on how well and long you live. Join renowned health and fitness expert Andy Troy, C.S.C.S., as he guides you through this practical, easy-to-follow program, that will both educate and motivate you!

This book contains a fully illustrated exercise program as well as nutritional advice that could add years to your life. But that's just the beginning! You will also discover the revitalizing secrets that meditation and aromatherapy have to offer, as well as how humor, music and owning a pet can will help you look and feel your best. Want to know how much water to drink, which vitamins to take and how much sleep you need? You can find that information here, along with numerous ways to combat the biggest killer of all-STRESS! Others have benefited from this information and are living fuller, healthier lives-so can you!

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