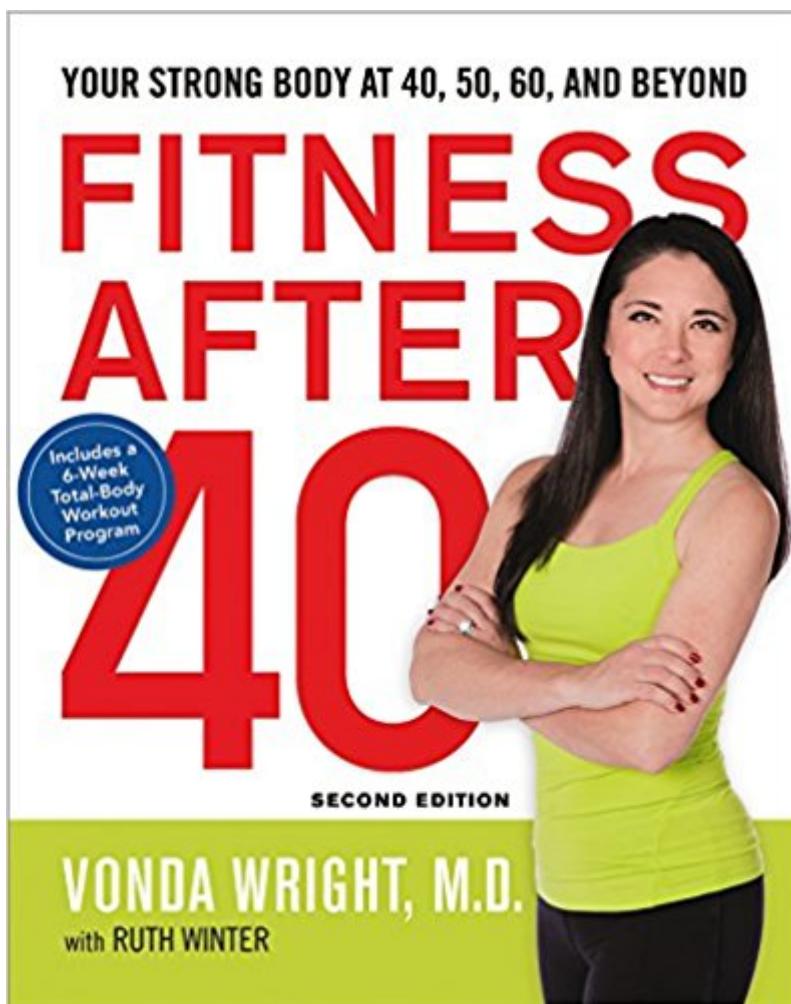


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# **Fitness After 40: Your Strong Body At 40, 50, 60, And Beyond**



## Synopsis

As we age, our bodies change--but that doesn't have to impact our fitness level. We may not be teenagers anymore, but if we exercise smarter, we can remain youthful, energetic, and strong.

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