20 FITNESS TIPS FOR OLDER MEN

Research shows that extra kilos mean a shorter life for men. It’s time to start turning back the clock and here are some tips!



- [ ] First measure your waist.
- [ ] Cut down on alcohol.
- [ ] Use pedal-power.
- [ ] Motivate yourself with this fact.
- [ ] Take the stairs.
- [ ] Resistance isn’t futile.
- [ ] Make the weights heavy.
- [ ] Warm up.
- [ ] Time yourself over a mile.
- [ ] Do push-ups.
- [ ] Don’t be scared to push yourself.
- [ ] Eat more protein.
- [ ] Become a swinger.
- [ ] Follow a 4×25 fitness plan.
- [ ] Stretch in front of the TV.
- [ ] Add 60-second bursts of effort to a stroll.
- [ ] Try brick sessions.

- [ ] Don’t worry about running giving you bad knees.
- [ ] Eat more manly superfoods.
- [ ] Recover well.

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