

50 TRUE STORIES OF MOTIVATION AND INSPIRATION!



Fit *over* 40

Role Models
For Excellence
At Any Age

Jon Benson
&
Tom Venuto

AUTHOR OF *BURN THE FAT, FEED THE MUSCLE*

JON AT 35



FORWARD BY DR. RICHARD WINETT
PUBLISHER OF *MASTER TRAINER MAGAZINE*

NOTE FROM THE PUBLISHER

Any application of the recommendations set forth in this book or in personal consultation by phone, email, in-person, or otherwise, is at the reader's discretion and sole risk. The information I offer is intended for people in good health. Anyone with medical problems of any nature should see a doctor before starting a diet and exercise program. Even if you have no known health problems, it is advisable to consult your doctor before making major changes in your lifestyle.

Any recommendations regarding diet, including, supplements and herbal or nutritional treatments must be discussed with your doctor.

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Fit *over* 40

Role Models
For Excellence
At Any Age



Jon Benson
Tom Venuto



Model: Jon Benson; Photo by Marcus Irvin



jon blackburn

Category	Fitness Enthusiast
Age Range	40-49
Weight	190 lbs
Occupation	Engineer

Services include fitness website, motivational website, free newsletter.

www.waswayfat.com

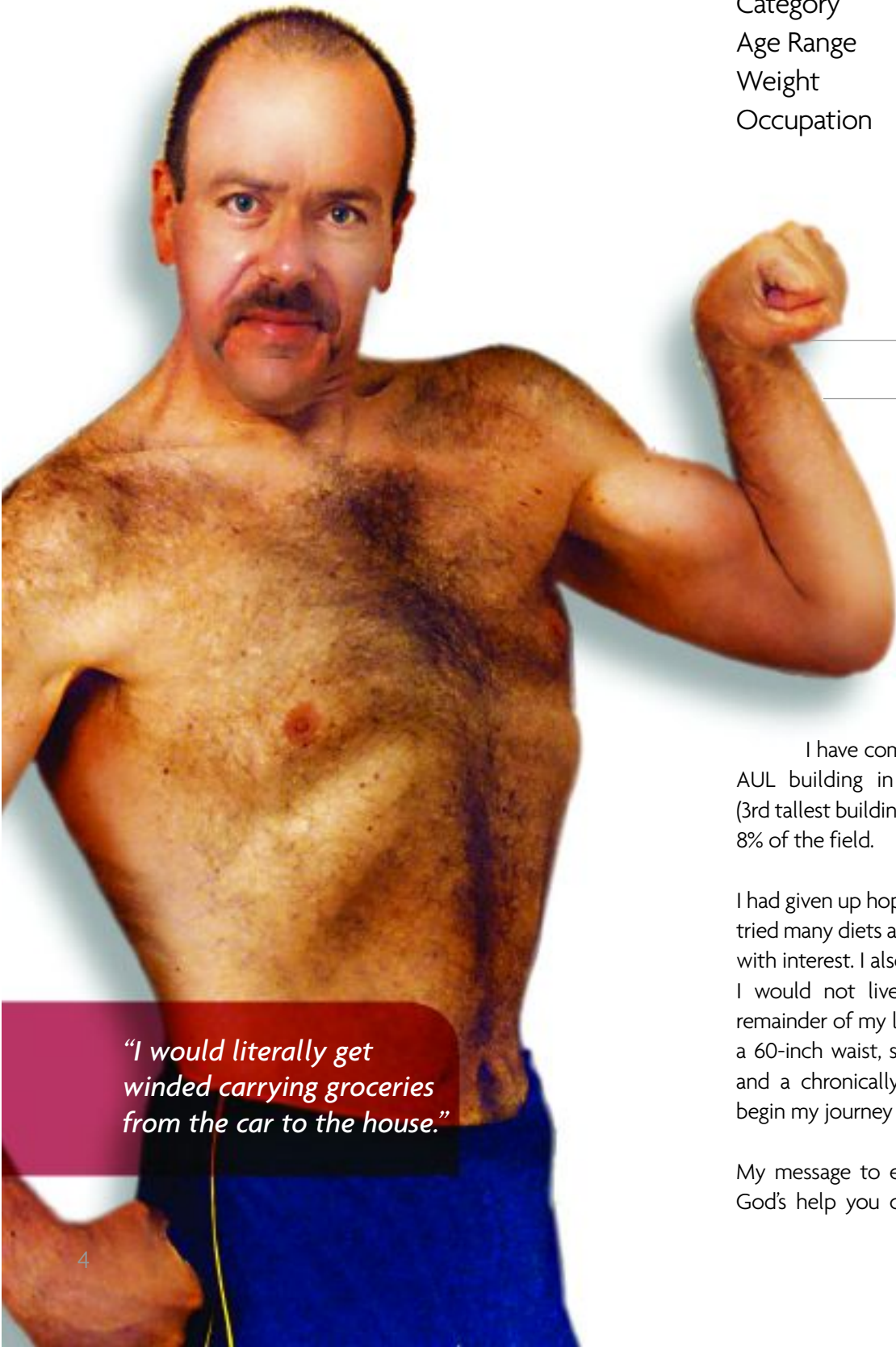
HOW I think

For the majority of the last ten years, I have been morbidly obese. In less than one year, I transformed from a 340-pound couch potato in bad health to a fitness addict racing up the steps of *skyscrapers!*

I have competed in runs up the Sears tower, the AUL building in Indianapolis and the Aon Center (3rd tallest building in the US) where I finished in the top 8% of the field.

I had given up hope—resigned to being fat for life. I had tried many diets and lost weight, but then gained it back with interest. I also realized that if I didn't do something I would not live to see my grandchildren and the remainder of my life would hardly be worth living. I had a 60-inch waist, sleep apnea, very high blood pressure and a chronically sore back. My main motivation to begin my journey was that I wanted to live!

My message to everyone who will listen is that with God's help you can make changes in your life. Many



"I would literally get winded carrying groceries from the car to the house."

people tell themselves continually they can't do this or that. The difference between "I can" and "I can't" is in your mind. If you believe you can do something and develop an achievable plan, with patience and determination, you'll make it happen. The difference between doing it and not doing it is changing your mindset.

A mental key for me was shifting my focus from weight reduction to *becoming fit*. I was encouraged by the improvements in my workouts, tightening my belt, improving my eating habits, and the feeling of not being so tied to the scale for results.

HOW I train

My typical stair-climbing workout consists of running up and down between 6,000 and 15,000 steps (200 to 500 times up and down 30 steps) 3 days a week (1 to 3 hours). I gradually worked up to this as my body became better at going up and down stairs. I began climbing stairs to challenge myself aerobically and to prepare for a race up the Sears Tower. The tower races are a great motivator for me because they are a celebration of being fit! On the days of the week when I'm not stair climbing, I enjoy a variety of other exercises, alternating between a Nordic Track, step aerobics, and resistance training (1 to 2 hours a day).

My training time is precious to me. I'm usually alone and enjoy the peace of focusing on my training. I often get my best ideas for the rest of the day during my workouts, and it's a great time to worship and meditate on what life is about.

When do I find time for exercise? I have a demanding job, wife and 4 kids, church activities, house, dogs and vehicles to take care of. My solution is getting up early in the morning to exercise. I began getting up a half hour earlier than normal, though now I'm generally up at 3:30 am or earlier. I remember what my dad told me about time: "You have time for everything you want to do."

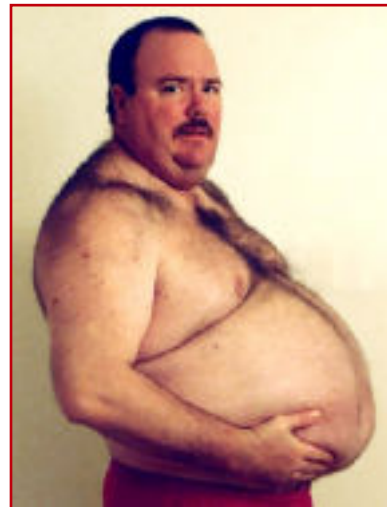
HOW I eat

Another key to my success was coming up with my own

eating plan, conceived, designed and perfected by the person who knows me best (me). You can only stay on someone else's eating plan so long and then you ditch it because it doesn't fit you. Who is going to tell you what to eat the rest of your life? You will! I developed my plan around foods that are excellent sources of nutrition and that I like. I continue to research and fine-tune my nutrition plan to continuously improve it.

I became very aware of keeping a balance between sus-

tainability and making satisfactory progress. Keeping the journey sustainable is very important. As long as you are making progress and feel OK, time is on your side.



Jon, less than 1 year prior!

I began early in my journey to eat six or seven small meals a day. Eating frequently is important to

stay satisfied and keep your metabolism up. And always remember —don't skip meals!

I count my calories to make sure I am not getting too much or not enough food energy. I plan my meals in advance and reward myself with satisfaction for eating within my daily plan.

I generally get 50 percent of my calories from unrefined carbohydrates such as brown rice, potatoes, oatmeal, fruits, vegetables, or beans. 35-40 percent of my calories come from lean complete proteins including egg whites, chicken, fish, non-fat cottage cheese, or soy products. Finally, 10-15 percent of my calories from fats such as salmon, oatmeal and protein sources. ::

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spice williams-crosby BSc, MFS

Category	Fitness Enthusiast
Age Range	50-59
Weight	142 lbs
Occupation	Actress, Stuntwoman, Nutritional Author

Services include websites, books, vegetarian food products.

You think you need meat for mass? Think you have a busy schedule? Meet Spice!

www.spicewilliams.com

HOW I think

At 52, I have a gorgeous husband, a 9 year-old son, and a successful career as an actress, stuntwoman, nutritional author and producer. I train six days a week in the gym and I enjoy wearing spandex pants and tank tops. I was kickboxing and lifting weights the day my water broke, and my life is filled with positive energy. I am a food-combining vegan and I hold a black belt in Arjunaipo, Masters in Fitness Science, pursuing my PhD in Holistic Nutrition and love to play the piano, and oil paint. I can either look at my life as being half over or just beginning.

In short, *I cringe* when I hear people say, "Act your age!"

I wasn't always possessed of such positive energy. Several members of my family committed suicide. I experience sexual abuse from outsiders. Abuse and trauma victims go along thinking that "life is normal" until these little demons finally rear their ugly heads. At 18, while working as a treatment nurse, I experience a near fatal car accident, where I "saw the light" and returned, just like in the stories. From death to a coma, then short-term paralysis, I then spent the next 2 years trying to

"I was the world's very first vegan bodybuilder!"

rehabilitate myself. However, my medicinal drugs eventually turned recreational.

At age 26, I overdosed 3 times. I hit my knees on the third overdose and swore that *if God helped me turn my life around, I'd become an image that would help change the world!* I was tired of being a victim of misinformation, and believe that educated people make educated decisions. So, I began my studies. As my body became healthy and strong again, my image began to take shape as well. I was getting roles as female superheros! I love to be interviewed so that I can share my experiences.

We need to begin to peel away the false layers of conditioned behavior that cover the real *us*. As young women, it seems we are allowed to soar, but when we hit a certain age we are supposed to slow down or “cut our hair.” We are suddenly forced to fit into a mold that is somewhat suppressive. But what happens when we hit the big 50 and we still feel 18? What if we want to go to the gym, wear a sexy bathing suit, wear short skirts, or maybe even have a baby? *I don't live inside society's box.* I love to live! I believe most are afraid to live. If they were afraid of dying, they wouldn't eat what they eat!

Balance is the key. Balance your life. Balance your food. Create homeostasis.

HOW I train

I used to squat 315 lbs, 4 to the floor. I never had a knee problem until my ACL got injured while kick-boxing. So, I stay light, now, with only 135lbs. My max bench was 225 lbs, but after I tore my AC joint in a stunt, I reduced down to 135 to 155lbs. At night I'm a Martial Artist in Arjukanpo. (5 combatant styles: Kickbox, Judo, Eskrima, Jujitsu, Grappling.) In other words, I train my butt off!

While I do regularly train in the gym or dojo, I take any workout I can get. If I'm on location, I'll do weight training with almost any resistance object I can find. Once, I was on a film in the heart of Mexico, and I found out that filling up water bottles to do curls, tricep kickbacks, lunge walks, etc, worked great! Push-ups, sit-ups, kicks, spins and shadow boxing is always good in a hotel room.

HOW I eat

I'm a **vegan**, which means I consume no animal products whatsoever. I eat low glycemic, and I eat every three hours. I can look at the clock and my body just tells me when it's time to eat. My whole family is food-combining vegans. In fact, I was world's first vegan bodybuilder.

I obviously don't have a typical day like other people. I get up very early in the morning. I begin with my fruits and supplements, then it's study time and training. But auditions and work are priorities. Because I'm a vegan, I usually bring my own food with me. I lift in the morning and take martial arts at night. When I travel, I bring my



studies and food with me. It's a chore to balance my career needs, my health needs, and the family I'm so blessed to have. Yes, it's work, but the pay off is heaven!

I start my day with large bowl of organic tropical fruit (flushing or scrubbing fruits.) The next meal is organic complex carbohydrates—grains with soy milk—like quinoa, kamut, amaranth, brown rice, wild rice, wahini and black wild rice. I always have vegan protein bars in my purse for a quick snack. Next meal is protein—a veggie “meat” meal, plus some kind of greens with an essential fatty acid (EFA) oil or hemp seed oil, and lots of garlic. Three hours later, I have a mid afternoon snack—whole grain sprouted bread with almond butter or cashews and almonds. I then repeat my protein meal for dinner and my fruit meal before bed. We juice organic veggies every night before dinner.

I take supplements including glyconutrients, phytonutritionals, phytosterol, EFAs, amino acids, and herbs. I take 12-18 supplement pills, 3x/day plus powders. I use products from different but highly reputable companies. ::

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tom schwald



“You have to get busy living, or get busy dying. I decided to live...”

Category	Bodybuilder
Age Range	60-69
Weight	165 lbs
Occupation	Construction worker

From contemplations of suicide to thoughts of bodybuilding competition—talk about a changed man! Tom Schwald is the epitome of what you can do with a second chance. As he'll tell you, everyone has the gift to resurrect their lives.

[See more of Tom soon at FitOver40.com!](#)

HOW I think

I was once an alcoholic and prone to depression. At age 40, I was looking at the face of death in the mirror. As Tim Robbins says in the movie, *The Shawshank Redemption*, “You have to get busy living, or get busy dying.” I decided to live, so I took up weightlifting.

Working out was a means to an end that took on a life of its own. The pills stopped and the depression lessened as my self-esteem started to soar. Then, in 1998, I was diagnosed with arthritis in my knees, hips and spine. I changed my routine to compensate, and I'm convinced that bodybuilding saved me from suffering from this crippling disease. The discipline I acquired from years of strength training is what allowed me to get through this.

I literally went from contemplating suicide to contemplating competition!

The competitions are really only a small part of my motivation. No matter how long I live, those demons will still be inside of me, and the gym is my weapon against them. It's really that simple. Even though there

are days I get up and hurt all over, I go to the gym anyway, and life returns to normal. Believe me, there's hope for a life free from addiction and depression. It takes a lot of work and a lot of desire, but if I can do it, anyone can do it.

I pattern a lot of my thinking after three-time Mr. Olympia Frank Zane. I listen to my body, but I actually want to get up at 4:00 am and train. The alternative is not an option, and life is just too short.

By the way, my wife is 16 years younger than I am, so that's another great reason to stay mobile!

HOW I train

For a long time, my routine was a three-day split (three days on, one day off). After years and years of training in my garage, I learned about innovation, and my workouts evolved over time as my needs changed. Today, I train one body part a day and work out every other day.

I enjoy doing a lot of exercise, so the one body part per day routine suits me well. This schedule allows me 10 days of rest between larger body parts, but I consider that much rest necessary because I'm hitting each body part with 20 sets or more! I don't train with excessively heavy weight, so I respond well to this type of high volume training.

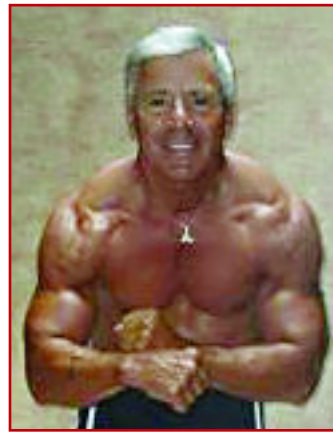
My current training routine is a five-day split with chest on day one, upper and lower back on day two, shoulders and trapezius on day three, arms on day four and legs on day five.

There's a day off between each workout. Because I have a naturally high metabolism, I haven't needed a lot of cardio to stay lean. I only rest about one minute between sets and that seems to do the trick. The only time I do cardio is prior to a contest. During the pre-competition phase, I hit 45 minutes on the bike or treadmill at the end of each workout. I worked six days on and one day off during contest training, but I look as good today with fewer workouts each week as I did then with more frequent competition training!

I think my new approach to training every other day is better for my joints, and considering that I don't lift extremely heavy weights any longer, the extra volume is really paying off, as are the results.

HOW I eat

I eat five meals a day with mostly the same foods every day. I mix it up at dinner for variety. I'm a construction worker, so I have to carry a lot of food with me.



I drink a protein shake (without carbs) first thing in the morning before my workout. I work out on a nearly empty stomach, as I tend to get nauseous if I train with food in my gut. Afterwards, I have a Met-RX meal replacement drink with some fruit in it. A turkey breast sandwich

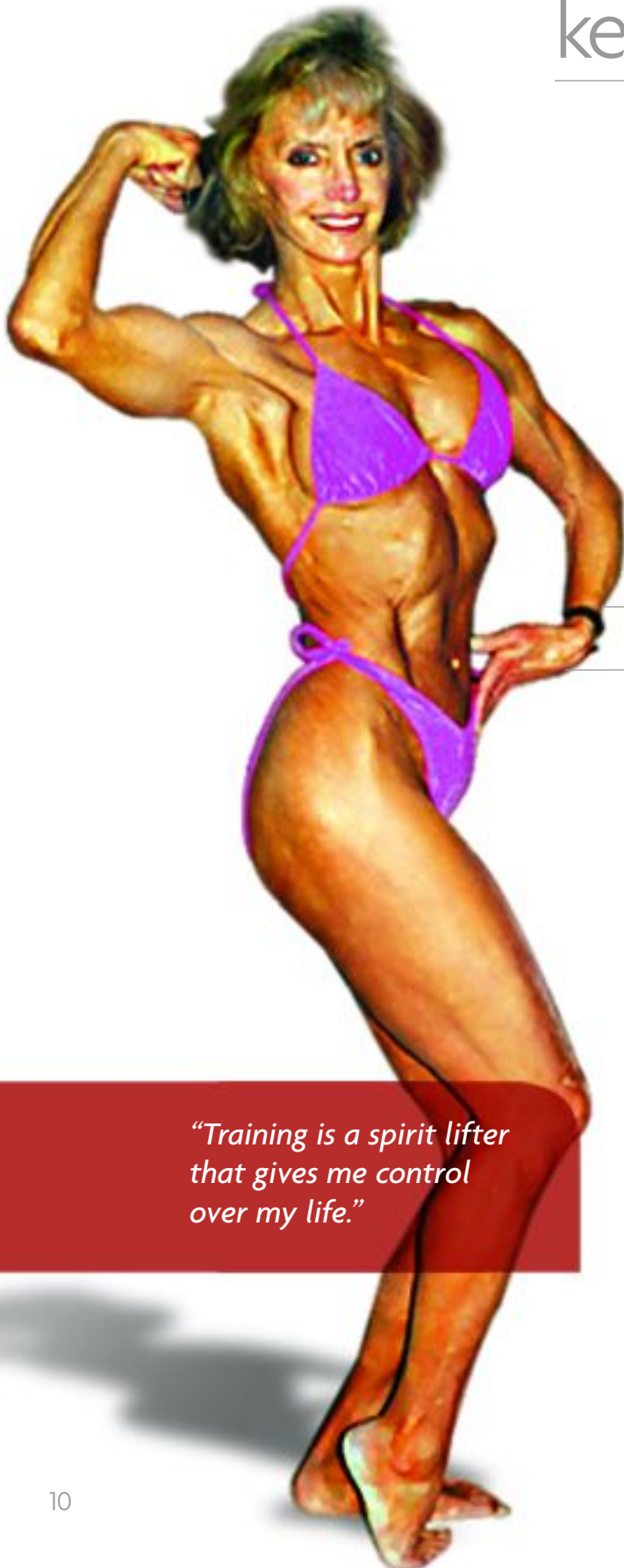
follows that, then another Met-RX drink. I'll snack on some rice or fruit during the afternoon. I back off on the carbs later in the day, so I'll have either steak or chicken with veggies at night.

My protein is about 200 grams per day at 2,000 calories at a bodyweight of 165. I eat 150 grams of carbs and the rest is fat. I take no supplements at all. Once a week I eat whatever I want.

The reason I decided to be in Fit Over 40 is because I don't know a better way to reach people my age (or younger) to let them know the "real deal" about fitness. Many people believe that you have to "live in the gym" and "give up your life" to look and feel as good as I do. My diet and training is a lifestyle is not overly time-consuming. I believe that by living the fitness lifestyle, you don't "give up your life," you gain a greater life! ::

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kelly nelson



“Training is a spirit lifter that gives me control over my life.”

Category	Bodybuilder
Age Range	70+
Weight	108 lbs
Occupation	Retired

Services include fitness website, personal training, DVD's & videos.

Kelly Nelson is a marvel for the ages. Her physique would be envious to anyone at any age. At 76, she continues to improve!

www.agelesstraining.com

HOW I think

I recall the 1940's when I never heard of a woman exercising. I am sure it was thought by the general population that exercise would kill a woman, so instead we resorted to rubber girdles that made our butts two sizes smaller and also made our eyes bug out of our heads. My mother's era never heard of exercise per se; trenching a cornfield was an expected way of life and it served the purpose of pride and survival.

Pride in yourself is the best motivator. My motivation comes from within. I am motivated to be the best that I can be, and that's what enables me to make gains in strength and muscle. I see and feel the physical and emotional benefits. I feel healthy and vibrant and I'm proud of the way I look in the mirror. Training is a spirit lifter that gives me control over my life. If I have a problem, the answer usually becomes clear as I work out. Exercise puts my life in perspective. I've become a person who keeps trying and taking pride in what I do every day. My family inspires me and I talk to my daughter on a daily basis and she inspires me to the max.

HOW I **train**

I work out on a ten day cycle. I do 4 sets of 12 reps for most muscle groups. On day one I train chest, shoulders and triceps. For shoulders I do seated barbell presses to the front, barbell presses behind the neck, standing side laterals, and bent over laterals. Triceps are next. I enjoy overhead dumbbell extensions, high cable extensions, tricep dips facing backwards on the “Gravitron” machine, close grip barbell presses in the Smith machine or dips.

I superset and have the equipment ready so I only have to pause to change the weight. I finish with 15 minutes of yoga postures. The entire workout takes one hour, forty-five minutes. If I didn’t ride my bike to the gym, I will do a 10-mile loop. I keep my bike on my car rack and start my ride as soon as I finish my workout.

Day two is back, biceps, abs and calves, including pull-downs to the front, low cable rows, dumbbell rows, and back extensions. Bicep exercises include dumbbell preacher curls, alternate incline curls, lying flat bench dumbbell curls and body drag reverse curls. I do a four-exercise circuit “giant set” for abs: Crunches, reverse crunches, hanging twists and hanging knee-ups. I do two exercise for calves: seated and standing calf raises.

Day three is legs, abs and calves. For legs I do seated leg curls, lying leg curls, leg extensions, front smith machine squats, squats standing backwards on the hack machine. Calves and abs are the same as day two. I finish with the yoga postures for stretching. No workout on day four.

On day five, it’s back to chest, shoulders and triceps again, same exercises, only three sets per muscle part and I increase the weight, doing eight reps. Day six is back, biceps, and legs for 3 sets of 8 reps. Day seven is a day off. Day eight is power day, and I enjoy the big lifts including deadlifts, standing overhead presses and front squats for 3 sets of 8, 5, 5 reps. Then I superset pull ups and push-ups to failure.

I don’t work out on days nine and ten, although I may do an easy bike ride, sauntering for ten miles. I start over on day eleven.

I started keeping a training diary since I first read of its importance some twenty years ago in one of Vince Gironda’s articles. Writing down the sets, reps and poundages that I use gives me a tremendous frame of reference and allows me to see my progress.

I have developed a preparation ritual. I visualize how I am going to execute my work out and I see the physique I will acquire from each set. The purpose of my workouts is to serve my body, not vice versa. I always have a long-term goal.

HOW I **eat**

When I was thirteen years old, I worked one summer in a meat packing facility and became aware of the filthy and inhumane slaughtering process, *subsequently becoming an ovo-vegetarian*. I eat eggs, whole grains, legumes, vegetables, fruits but no flesh. It’s important to become educated about where your food comes from. If people could see behind the sterile packaging in their meat markets, there would be more vegetarians, less obesity and a healthier, cleaner world.

I do not adhere to the precepts of strict food choices. To quote bodybuilder Mike Mentzer, “It is training that builds muscle.” Food simply supports that growth. You cannot eat your way to a hard body, no matter what your food choices are.

My food choices are simple. I do not eat anything with a face, except occasionally wild salmon. I gave up dairy 30 years ago. For breakfast I have oatmeal with walnuts and raisins, perhaps an egg, fresh or frozen fruit and toast. Snacks are any fruit, fresh or dried, or a sweet potato. Lunch is usually soup that I have made beforehand and frozen—usually vegetable, bean, rice soup, a couple slices of bread (I prefer spelt bread). At 5:00 pm I eat dinner, which is usually the same as lunch or a vegetable omelette and baked potato. I’m in bed by 8:00 pm. Early to bed, early to rise! ::

Email Kelly: kelly1954@charter.net

COMING IN JANUARY OF 2005...

Hot New E-Book Finally Skips The Hype of Mainstream Anti-Aging "Guru's" And Offers The TRUTH About Living Longer, With Better Health

Look And Feel 10, 15, Even 20 Years Younger With The Amazing Health & Fitness Secrets Of 50 Real People, Age 40 - 80, Who Literally Turned Back The Clock On Aging

Discover How You Can Quickly And Easily Decrease Your Biological Age, Gain Lean Muscle, Ignite Your Metabolism And Re-Vitalize Your Health - Just Like They Did...

Monday, December 27th, 2004
Hoboken, New Jersey, USA

You are about to learn more than you've probably ever known before about how you can reverse the aging process and achieve maximum health and fitness after age 40 - without listening to all the garbage about "anti aging" that's put out by the mainstream health media.

- **In a ground breaking new e-book (scheduled for release in late January of 2005), you will learn the truth behind all the myths, misconceptions and lies about health and fitness after 40** and you'll discover exactly what you can do to reverse the aging process in your body, and restore your health and your body to what it was when you were younger.
- **You will discover the single most important factor in anti aging, and how you can harness its power** to make you more resistant to heart disease, diabetes, stroke, depression and arthritis, while at the same time making you leaner, stronger, more muscular, and incredibly virile (and this factor *doesn't* come out of a bottle or needle)
- **You will find out how to avoid, stop or reverse the #1 problem for men and women over 40: "Sarcopenia"** - the scientific name for the loss of lean muscle tissue as you age. You will see how you can rebuild your body to the muscularity of a 20 or 30 year old ... or, just tighten up the

“mushy spots” on your body that you thought it was too late to do anything about.

- **You’ll learn how you can improve your bone density** and avoid osteoporosis and debilitating fractures and how to say goodbye to backache, leg cramps, stiffness, muscle aches, neck pain, and sore joints.
- **You’ll learn how to supercharge your energy, ignite your metabolism and *feel like a tiger!*** You’ll boost your immune system, restore razor sharp mental functions, melt inches and pounds off your body, and supercharge your sex life.
- **You’ll learn something most anti-aging “experts” never teach:** How to *turbo-charge your motivation*, develop mental toughness, change self-limiting beliefs and regain HOPE and confidence that you CAN transform yourself at any age!
- In fact, it's very possible that with the knowledge you're going to gain, ***you may enjoy better health, stamina, energy, vitality and motivation than you've ever had in your life.***

My name is Tom Venuto, Internet publisher and author of the #1 best selling e-book, [Burn the Fat Feed the Muscle](#). Now, in collaboration with my friend and colleague Jon Benson, publisher of www.AllYourStrength.com and creator of the TTP-90 Total Transformation Coaching Program, I’m about to introduce a groundbreaking new e-book that will inspire thousands, and possibly millions of people to achieve physical greatness at any age – 40, 50, 60, 70, even 80 and beyond!

ANNOUNCING: **“Fit Over 40: Role Models For Excellence at Any Age”**

Many years ago when Jon was obese, out of shape and slowly dying, he took a principle he learned from motivational speaker Anthony Robbins – seeking out role models – and he applied it to his own life. The results were remarkable! After years of illness and obesity, Jon is now a highly successful Transformational Coach and fitness/nutrition counselor.

Jon said, “I can honestly say that my role models were the KEY to my success and continue to be so. Reading the stories of men like Dave Draper, Clarence Bass, Richard Winett, Frank Zane and many others, helped me completely turn my life around.”

Last year, Jon was thinking about writing a book about fitness training and body transformation based on the breathtaking success he’s had with his personal coaching clients. However, he decided that a book written by “role models” would be an even more powerful work. The result is our partnership on “Fit Over 40

Instead of one man’s ideas on training, nutrition and motivation, this new e-book will spotlight 50 success stories from men and women of various ages and lifestyles, ranging from housewives to Mr. Universe title winners... From 40 year olds to 80 year olds. Or, shall I say, 80 years young!

Everyone chosen to be in “Fit Over 40” had to fit the criteria of being a “TRUE ROLE MODEL”. We have spotlighted people who have achieved and maintained a state of physical excellence in bodybuilding, bodyshaping, or extreme physical fitness at the age of 40 and above. These are real people with real stories who were willing and generous enough to share them with the world:

- A Florida politician in his 50s overcomes diabetes and becomes a competitive bodybuilder!
- **A 46-year-old morbidly obese man from Chicago who lost 130 pounds in one year—and is now a fitness addict who competes in skyscraper stair sprinting races (including the USA’s tallest building – the Sears Tower!), placing in the top 8% of the field**
- A 45 year old, married with 4 children, who does 3 sets of 10 chin ups with ease... and SHE also bench presses 200 pounds!
- **A 62-year-old man who looks better today than he did at 22, despite a destructive detour into booze and drugs, and congestive heart failure at 48!**
- A 55-year-old former skid row alcoholic who found rehab and relief from addictions through strength training and exercise!
- **A 47-year-old mother of 2 who, once obese, now has the body of a 20-year-old!**
- A 51-year-old bodybuilding competitor who, just a few years ago, was a 250-pound couch potato!
- **A “heart-cripple” who literally regenerated 75% of his dead heart tissue and now competes in bodybuilding—at the age of 74! (His tissue regeneration was clinically documented by his amazed and stunned physicians.)**
- A 49 year old man who overcame Multiple Sclerosis, a ruptured nerve and agonizing pain and built a body that would impress Arnold Schwarzenegger
- **A man is blasted 300 feet through the air in an explosion that killed 10 others, paralyzing him from the chest down... in his 40’s, undaunted, he goes on to become healthy, lean, fit and one of the world’s greatest wheelchair athletes and an inspiration to millions**

By “modeling” the same mindsets, nutrition plans and exercise methods that these 50 people did, an older man or woman can enjoy the following benefits:

- A thin, lean waistline
- A better sex life
- Impressive muscularity
- Higher levels of naturally-released growth hormone
- Remarkable energy and stamina
- Increased mental alertness
- A stronger heart
- Reduced biological age

- A powerful immune system
- More ZEST for life!
- And much, much more

Many of the role models in the **Fit Over 40** e-book, including Jon, were on the verge of death before finally getting started... but they refused to be victims or bow to circumstance ... they stood up to their challenges and they OVERCAME:

Multiple sclerosis
 Morbid obesity
 High cholesterol and triglycerides
 Hypertension
 Hormonal deficiency
 Drug addiction
 Alcoholism
 Depression
 Low back pain
 Scoliosis
 Arthritis
 Osteoporosis
 Double shoulder replacement surgery
 Knee surgery
 Paralysis
 Open heart surgery
 ...EVEN A WHEELCHAIR!

If you're overweight or suffering from a health challenge, *there is hope* and I so desperately want to prove it to you by giving you a chance to read these amazing real life success stories.

In addition to these 50 success stories, written by our over-40 role models in their own words, Jon has written the first chapter of the book, which details his own personal struggle with his weight and his health. He tells the story of the devastating consequences of an inactive and undisciplined life, and how he ultimately transformed himself and maintains the incredible condition he currently displays at 40 years of age.

Jon has also invited me to conclude the book with a chapter of "how to" information about nutrition, aerobics, weight training, losing fat, gaining muscle, and the psychology and mindset of physical excellence after age 40.

While the focus of the book is on the physical accomplishments, the book took on new life when "*The Excellence Mindset*" was introduced. Talk about inspiration! To read how someone trains and diets is all good and well, but how they "think" and what "motivates" them is the true source of their achievements!

Fit Over 40 is NOT available in bookstores and it is not available on Amazon.com. There is only ONE WAY you can get a copy of **Fit Over 40** and that is to go straight to this website and order:

www.fitover40.com

No bull or gimmicks. Just proven information.

Get educated and take control of your life.

"Burn the Fat, Feed the Muscle" (BFFM) is a 337 page fat burning success manual in e-book format, jam-packed cover to cover with all the fat destroying methods previously known by only a small handful of the worlds best fitness models and bodybuilders. This program contains all the information you'll ever need to help you melt away body fat permanently without muscle loss and without using drugs or unnecessary supplements.



Fat Burning Secrets of The World's Best Bodybuilders and Fitness Models

[click here to read about real-world results achieved by people just like you...](#)

Why 95% of all diets fail...and steps you must take to be in the successful 5%
How to break through any fat loss plateau
Why dieting can cause serious damage to your metabolism and actually make you fatter
Why eating certain "good" fats can actually speed up fat loss and increase energy levels
How to eat 50% more calories without storing an ounce as fat
Zone and Atkins...why most people fail on both of these diets in the long run
What the supplement companies hope you never find out about meal replacements drinks
The bodybuilder's secret fat burning weapon
How to eat right for your body type
Secrets of meal frequency and timing
How to burn fat around the clock - even while you're sleeping
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