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Others are caused by preventable diseases (with these even being preventable after the age of seventy) and, broadly speaking, from the wrong approach to life, influenced by negative social pressures. This book—uniquely targeted at the 60–75 demographic—tells you what steps you can take in late middle age to give you the best chance of living a long, healthy and fulfilling later life.

Sod Seventy!: The Guide to Living Well by Muir Gray

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reframing of what it is to be seventy and older, and how to make the most of your seventies, by closing the 'fitness gap' to stay fit and strong.

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Sod Seventy!: The Guide to Living

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Many of the problems older people suffer from have, as their underlying cause, a fundamental loss of fitness. Others are caused by preventable diseases (with these even being preventable after the age of seventy) and, broadly speaking, from the wrong approach to life, influenced by negative social pressures.

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