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Amazon.com: Sod Sixty!

(9781472925985): Parker, Claire ...

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Sod Sixty! is a fun, friendly, hands on guide to navigating your sixties - a very different decade with very different demands. Find out how to get fitter whatever your 'history', how to eat healthily, how to juggle looking after yourself with the responsibilities of family, friends and work, and how to make the most of this decade of change.

Sod Buying Guide - The Home Depot

In mild climates, you can lay sod almost

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Sod Sixty!: The Guide to Living Well by Claire Parker

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If it drops below 60 degrees Fahrenheit, lawns usually require less water. If patches of grass turn a blue-grey color, and the soil is dry to a depth of 5 inches, your lawn needs moisture. References

Sod Sixty The Guide To Living Well - 1x1px.me

So SOD 60! is about getting and staying fitter as we age, increasing our health-span (the number of healthy years ahead), independence and resilience- whether or not we have a condition or disability. It is

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a friendly, hands on book that doesn't dictate but encourages and empowers: every little bit of help in the right direction counts!

Sod Sixty!: The Guide to Living Well (Sod) Claire Parker ...

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This book – uniquely targeted at the 60–75 demographic – tells you what steps you can take in late middle age to give you the

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best chance of living a long, healthy and fulfilling later life. Keep fit, keep the brain going, and with a spot of good fortune you can be living a rewarding, active life into your nineties and beyond.

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