
Reclaim Your Former Glory

Perform Like You're 20, When You're 40+

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There's a HUGE contradiction right at the heart of the health and fitness industry. And it's probably costing you your health, stealing your stamina and exuberance and leading to a much more rapid decline in physical and mental performance than is necessary.

You see...

Most of our knowledge of what works in health, in fitness and in performance is based on studies of elite athletes.

Studies which are then used to inform what the lay man does, following the ethos. ***"if it's good enough for Usain Bolt, it's good enough for me."***

To a certain extent this is true, **except for one huge flaw.**

All athletes are looking at being the best they can possibly be **RIGHT NOW**, so they can win that next medal or game, or just make the team this week.

Very few of them (and even less coaches) are looking at the optimal way to sustain that performance over 10 - 20 or more years.

This leads to one HUGE problem.

Often the very things which give us amazing performance right now, carb loading, over training, intense workouts...

Lead to impaired performance in the long term.

Take carb loading, it's pretty much accepted that carb loading before a big event is the best way to store glucose in the muscles and ensure you don't run out of fuel half way through whatever it is you're doing...

But that same carb loading has multiple effects which long term, **will negatively affect your health.**

To take one such example, carbs spike blood sugar, which, if done consistently over time, leads to insulin resistance. ***Definitely not a high performance state.***

Sure if you carb load every now and again it won't do you any harm but doing it several times a week for an extended period...that's going hurt your performance/health long term.

Working out several times a day has a similar effect. Sure you'll get fit, fast, but you're also placing a HUGE amount of strain on the joints and muscles which will very likely come back to haunt you in the form of impaired mobility and injuries later in your career.

The real fact is there have been very few studies run on what it takes to perform optimally for a long period of time, as again most athletes just aren't interested in knowing...**they want to perform great today and the devil may care about tomorrow.**

For most of us however especially as we get to 35 + we start to feel the effects of these short term strategies we've been inadvertently implementing on our lifestyle. We note our performance declining...**for most of us this is especially cruel as it's about this time when we start to have the time and money to actually do the things we've always wanted to**, but find our body betraying us, and realise we need to look for a sustainable program to make us forward.

There are some athletes who have taken the long term view.

Tom Brady is a 43 superstar quarterback of the NFL, who decided to take the long term view at 26. Luckily by studying outliers like Tom, science is starting to catch up and we now have a better of what we need to be doing to ensure we can continue to enjoy our

sports well into our old age and even how to **reverse a lot of the damage we've done previously**, so we can build optimal health and fitness which will enable us to keep on doing the things we LOVE until we're a ripe old age.

I've written a book on exactly how you can do this using all these latest scientific discoveries, so you can keep doing what you love into your old age.

In it you'll discover how to:

- **Workout The Right Way** - Includes a complete workout program designed to boost longevity and keep you strong and active so you can turn back the clock and keep doing the things you LOVE into your ripe old age.
- **Workout For 15 Mins A Week** & Get More Long Term Benefits Than Those Who Work Out For **15 Hours A Week** by using science to show you the absolute best way to exercise
- **Run Rings Around** those 20 years younger than you are and get your body in better shape than you were 20 years ago
- All in a **Simple and Sustainable** way with no massive lifestyle shifts required.

It also includes the perfect workout program which will ensure you have the stamina and the exuberance to keep doing the things you LOVE right into your ripe old age.

It's called "*Exercise Smart and Arrest the Decline (before it's too late)*" and you can grab it for less than half price [HERE >>](#)