

**FIT & FIRM FOR EVER: STAY TONED, LEAN AND
VIBRANT THROUGH MENOPAUSE AND BEYOND**

Thomas Reesman

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Stay toned, lean and vibrant through menopause and beyond. First the bad news : Between the ages of 45 and 55 women on average can.

Fit and Firm for Ever by Paula Goodyer | Angus & Robertson | Books -

Fit and firm for ever: Stay Toned, Lean and Vibrant Through Menopause and Beyond /? Goodyer, Paula.. Author. Goodyer, Paula, Published. Sydney.

Fit and Firm for Ever: Stay Toned, Lean and Vibrant Through Menopause and Beyond. Paula Goodyer. Fit and Firm For Ever offers hope and help for those of us.

A new guard of stunningly fit women is redefining expectations of the midlife body . in their 40s and 50s and beyond—with their exquisite, off-the-charts-toned about remaining healthfully vibrant for far longer than we ever have in the past. "If you want to have a long, lean dancer's body, then dance.

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