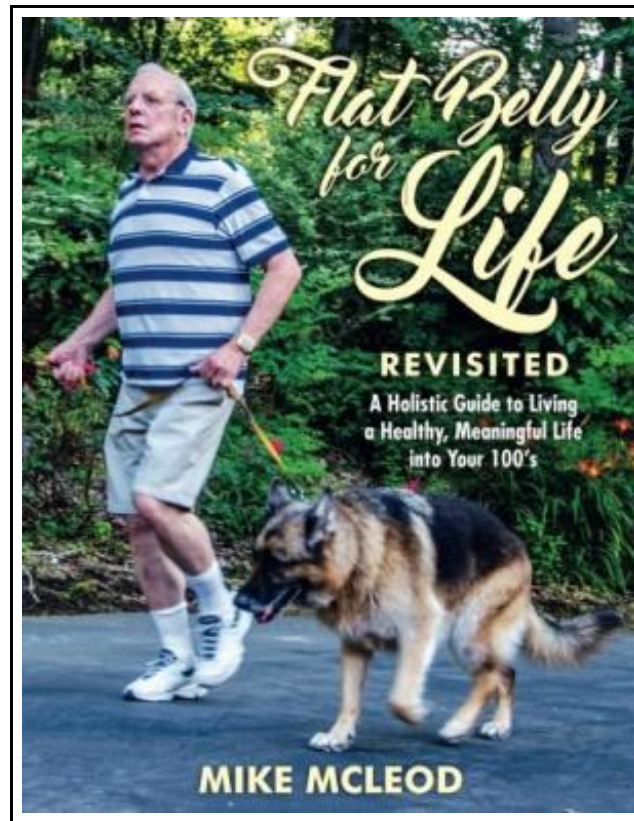


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is the second in a series of fitness and wellness books by Mike McLeod. The first traces the history of fitness in the United States, including Charles Atlas and Jack Lalanne. It chronicles his own battle to lose weight and be fit beginning with his entry into the Army in 1967. It relates the efforts of a middle aged man with a desk job to stay fit as he gets older. During this time he relied on running. Later on, when his family moved to the hilly area of Asheville, NC, he would run up the mountains and walk down. While living during the week in his high rise apartment building in Washington, DC, he would run up the stairs. In 2016, he competed in the run up the 94 floors of the John Hancock Building. All of these efforts were a result of his interest in high intensity interval training, know as HIIT. However, not every aging person is up to this kind of intense training. Since his last book he has concluded that walking may be as helpful as running up hills for longevity purposes. As an ardent student of history, he looked at the life story of John Adams, who lived to be 90 when medical care was not very good. In the next century President Harry Truman lived to be 88. In the case of Adams he was a farmer as well as country lawyer. He had to plough mules since they did not have slaves in his state. In the case of Truman, he became known as the incredible walking President because of his early morning walks outside of the White House grounds. Closer to...



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