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Younger Next Year Book Review at AthleteInMe com

Younger Next Year was published in 2004. In 2007, ACSM published new exercise guidelines. While they do a good job of advising readers to monitor their exercise heart rate, it would be helpful to provide a simple chart illustrating target heart rates vs. age.

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Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond: Chris Crowley, Henry S. Lodge: 0019628147738: Books - Amazon.ca

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