



# **Now or Never: Keep Your Body Young, Fit and Firm with the Weight Training Program That Works Even as You Age**

*Joyce L. Vedral*

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# Now or Never: Keep Your Body Young, Fit and Firm with the Weight Training Program That Works Even as You Age

*Joyce L. Vedral*

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Dr. Joyce Vedral shows how you can reverse the signs of ageing even if you have been out of condition for years, in a 6-hour-a- week workout that can be done in the home or in the gym.

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