

We Will Transform You Into a Warrior as You Age

Seven essential areas of awareness for success.

1. Genetics – be informed to be ready.
2. Infancy – nurturing and nutrition.
3. Childhood – parental conditioning.
4. Young adulthood –societal conditioning.
5. Career –attention to your health.
6. Mid-life – the road you chose (never too late to change)
7. Retirement – the rubber hits the road.

Everything you do in life, from conception until your later years, will determine how well you age. Including your physical, emotional, intellectual and spiritual health. My goal is for you to become more aware of how these issues will impact your aging, and my book, “How to Train for Aging,” provides the much-needed detail to fix or benefit from them.

I’ll give you my situation in each case, to encourage your consideration of your particular case.

Genetics



My case: [terrible blood fat profile](#) and [connective tissue disorder](#).

How about you?

Childhood



My case: mild rickets -> weak bones and teeth, short stature.

How about you?

Young teen



Your truly, right, 1953.

My case: Mum promoted activity and education, good grounding.

How about you?

Young adulthood – social conditioning



My case: we had no money, which saved me from peer pressure. It didn't save me from a motorbike wreck that led to years of guarding – another aging challenge. Don't worry, [Feldenkrais fixed it!](#)

How about you?

Career



My case: out of shape for ten years, then got into multiple sports.

How about you?

Mid-life



My case: depressed briefly, then moved on to many different jobs.

How about you?

Retirement



My case: never did and never will. *“Chopping wood, carrying water.”*

How about you?

Want to fix those aging issues and get a life? It's all explained in my book.

[Buy Now](#)