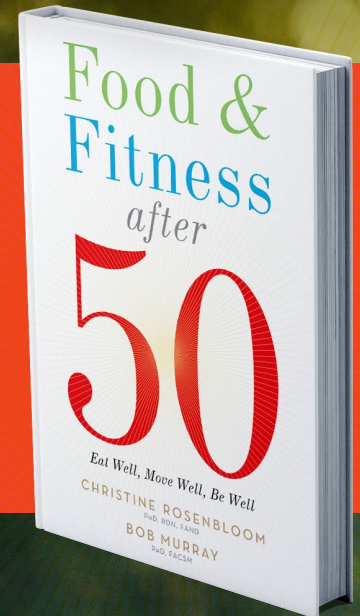


What It Takes to Live Longer and Stronger

There is an increasing need for experienced, enthusiastic, and engaging experts who translate the science of healthy aging into practical applications for a wide variety of audiences. Whether on the stage or the page, Drs. Christine Rosenbloom and Bob Murray, authors of *Food & Fitness After 50*, help people understand how simple lifestyle changes can help extend their healthspan.



DRS. ROSENBLOOM AND MURRAY:

- Deliver podium presentations and facilitate webinars on food and fitness for professionals who serve healthy aging populations.
- Conduct workshops on food and fitness for older adults—including company employees—who want to eat well, move well, and be well.
- Write sponsored blog posts, web articles for consumers or professional audiences, or contribute to newsletters or journals with timely content.
- Serve as a go-to media resource for a quote on optimal aging or as a Podcast guest.

Their book, ***Food & Fitness After 50***, is a timely and easy read with actionable steps for those in their 50s, 60s, 70s, and beyond. The book serves as roadmap to healthy aging for those who want to eat well and be active but don't know how to get started. It also can inspire those who are already healthy and want to maintain vibrant living into old age.

"Food and Fitness After 50... will help you start and continue the goal of better health from this New Year to the next. This is an info-packed primer on achieving, maintaining, and enjoying wellness and vitality in the second 50 years of life. And if you are in your 40s, you might want to get a head start."

THE MIAMI HERALD

Food & Fitness After 50 integrates the advice of trusted experts and is the perfect recommendation to patients from health professionals too pressed for time to provide detailed nutrition and exercise information for their patients or clients. It is an excellent resource to inspire, motivate, and move older adults to healthier diet and exercise habits.

ABOUT THE AUTHORS



Dr. Christine Rosenbloom is a nutrition professor emerita at Georgia State University and a registered dietitian nutritionist. She has a graduate specialty in gerontology and lectures nationally on health and aging.



Dr. Bob Murray is the founder of Sports Science Insights, LLC, and for 23 years was the co-founder and director of the Gatorade Sports Science Institute.

The authors are:

- experienced researchers, writers, and speakers who excel at separating science fact from science fiction.
- passionate about healthy aging, yet realistic about what it takes to get and stay healthy.
- developers of the weekly blog, *Fit to Eat*, featuring interviews with older adults living active lives and meeting the challenges that we all face as we age.

“This is one of the most well-organized, evidence-based health-help books that I’ve seen. It’s packed with practical, usable content geared specifically for its targeted ‘aging’ audience. Readers will truly be able to set a personalized road map for getting healthy and staying healthy.”

NUTRITION 411



Watch the
*Food & Fitness
After 50*
Book Trailer

It’s never too late to eat well, move well, and be well.
The authors provide the right balance of practical advice on food and fitness to help adults achieve their goals.

Food & Fitness After 50 is available
at Amazon and other book sellers.

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