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NHS's Former chief of Knowledge Sir Muir Gray gives advice ...

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a 'bonfire of the slippers' and a reframing of what it is to be seventy and older, and how to make the most of your seventies, by closing the 'fitness gap' to stay fit and strong.

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Sir Muir Gray, Former Chief of Knowledge for the NHS, explores the numerous ways people can stay healthy, including exercise and eating right. He says it's never too late to regain a healthy ...

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approach to life, influenced by negative social pressures. This book—uniquely targeted at the 60–75 demographic—tells you what steps you can take in late middle age to give you the best chance of living a long, healthy and fulfilling later life.

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