

Do you find yourself getting frustrated because it seems so hard to get and stay in shape as you get older? Me too!

After I figured out the solution is not found by burying my head in a bag of chips, I went on a quest to figure it out.

I searched and found 12 women in their 40's, 50's 60's, 70's and 80's who are living fit, fun and free and with loose pants! They are not fitness fanatics, but everyday, real-life women who in the busyness and ups and downs of life make it happen.

From these wonderful “Hall of Fame” women you will learn to:

- set reasonable goals that make you beaming proud to achieve
- rise above fears, frustrations and obstacles and actually grow stronger
- be a fun grandma that your kids and grandkids love to brag about!

The stories in this book got me out of my funk, inspired me, deepened my faith and gave me hope to persist. I hope and pray they do the same for you!

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