



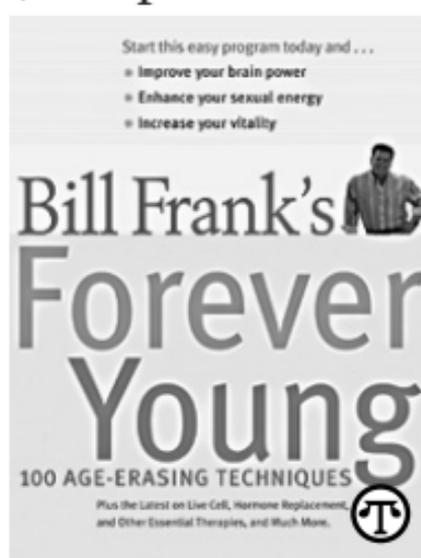
# Books Worth Reading

## You: Forever Young?

(NAPSA)—With age comes wisdom it's believed; does *oldness* have to come with it as well?

According to a new book, the answer is “not necessarily.” And that's good news for the 80 million aging baby boomers in the U.S.

In *Bill Frank's Forever Young* (HarperResource, \$24.95), personal trainer



and fitness instructor Bill Frank offers proven advice on how to stay active, attractive, healthy and fit, well into the late stages

of life. He provides simple but effective “age erasers,” including:

- Tapping into the rejuvenating effects of distilled water;
- Taking the best vitamins and supplements for maximum vitality;
- Learning why standing on your head can take years off your appearance; and
- Making the most out of a fitness routine by cycling exercises.

The breezy, informative book includes chapters on restoring youthfulness to skin, increasing energy levels, improving and maintaining sexual performance, toning one's physique, protecting one's bone density, attaining ideal body weight and achieving optimum cardiovascular health and overall fitness. The book also offers solid, prescriptive advice on diet, exercise and—a key ingredient—a positive attitude.

*Bill Frank's Forever Young* is available wherever books are sold.