

**Book Review by: Carmela**

***Younger Next Year: Live Strong, Fit, Sexy, and Smart-Until You're 80 and Beyond* by Chris Crowley & Henry Lodge M.D**

I found this book easy to read, with a dose of humor on the subject of aging well. The takeaway message is learn to train for the next third of your life, so you could be healthier, stronger and put off approx. 70% of age related problems. Move/exercise each day, eat healthy, and stay emotionally connected, which directly affects the brain- all the way down to the cellular level.

Available on Overdrive and Hoopla