

**FIT AT FIFTY FIVE --YOUR GUIDE TO A
HEALTHIER LIFE**

Sara Q. Orf

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Walk everywhere M ovement over time equals health, according to Dr Agus. Thanks, Elizabeth. Clearly, your diet at 50 should look a bit different from your earlier diet.

Notallofus.Alsoyouwouldbegettinglocalknowledge. For these folks, part time work can be just the ticket. I spent a week in Mexico City recently and it was fabulous – culture, history, arts, food, museums! Jordan is amazing. Thetipsareuseful.IfIcanfindatravelpartnerthatwouldbegreat.That

would have been a great loss. Fermented soy products such as tempeh and natto are especially beneficial, as fermentation helps improve the absorption of nutrients