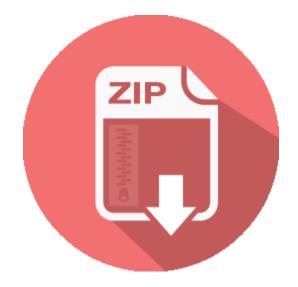
A YEAR YOUNGER NEXT YEAR



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Younger Next Year shared Ask the Scientists - Health and Science Education's photo.

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Younger Next Year

Younger Next Year was a very fun read. One of the authors is an M.D. and the other was one of his patients. They each give their take on why these principles of exercise, connection and a cause

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Younger Next Year Book Review at AthleteInMe com

Younger Next Year was published in 2004. In 2007, ACSM published new exercise guidelines. In 2007, ACSM published new exercise guidelines. While they do a good job of advising readers to monitor their exercise heart rate, it would be helpful to provide a simple chart illustrating target heart rates vs. age.

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