



# Sod Sixty!: The Guide to Living Well

*Claire Parker, Muir Gray*

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Getting older doesn't matter. Keeping active does. Sod turning sixty, make those small changes now and reap the rewards in your later decades!

In the bestselling *Sod Seventy!* Sir Muir Gray demanded a 'bonfire of the slippers' and a reframing of what it is to be seventy and older, and how to make the most of your seventies, by closing the 'fitness gap' to stay fit and strong.

*Sod Sixty!* is a fun, friendly, hands on guide to navigating your sixties - a very different decade with very different demands. Find out how to get fitter whatever your 'history', how to eat healthily, how to juggle looking after yourself with the responsibilities of family, friends and work, and how to make the most of this decade of change.

But this is no boot camp regime. *Sod Sixty!* acknowledges the reality of our daily lives, and has a balanced approach, packed with achievable, practical and realistic strategies to improve your health and wellbeing.

Our sixties are often thought of as the 'turning point' decade. Use this as an opportunity to take stock - to look after yourself, reduce your risk of disease and make simple lifestyle and attitude changes that will have real impact later on. Use your sixties to make sure you face your seventies more resilient and independent rather than more vulnerable as time passes.

This series appeals to anyone looking for straightforward, practical, non-faddy advice to help them stay active and healthy.

Written by Dr Claire Parker, a GP in her sixties, *Sod Sixty!* publishes at the same time as sister volume *Sod it! Eat Well*.

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