

# fitness OVER 50+

*How to fit fitness into the rest of your life in only 10 minutes a day!*

**DUE TO MODERN MEDICAL ADVANCES, YOUR BODY IS GOING TO LAST YOU LONGER THAN YOU EVER DREAMED POSSIBLE! IS YOUR BODY READY FOR A LONG LIFE?**

For many adults, growing older seems to involve an inevitable loss of strength, energy, and fitness. But it need not be so. The frail health and loss of function we associate with aging is in large part due to physical inactivity. When it comes to our muscles and physical fitness, the old adage applies: "Use it or lose it." The problem is that after the age of 40 our joints begin to wear down, even though our muscles maintain their capacity for strength. If you don't know how to build and maintain your strength without beating up your body in the process, you will eventually stop exercising!

Dave Hubbard has changed the paradigm of exercise by developing a new formula for fitness that allows anyone to get and stay fit in a fraction of the time typically recommended, and without overstressing joints, hips, knees, back, etc. In 2000, he was rewarded a U.S. Patent for his unique method.

**Dave will teach you how to get and stay fit for life... all of it!**

**"Dave Hubbard's remarkable presentation won the highest compliment from the toughest of all audiences... he is a 5 star speaker."**

Cliff Oxford, CEO  
Entrepreneur Advisors Inc.



**Dave Hubbard**  
America's Fitness Coach®

As an ex NFL athlete, pastor, author, coach and motivational speaker for over 30 years, Dave Hubbard knows how to engage and inspire people to make small changes that produce big results that last a lifetime. Dave has spoken to hundreds of companies, organizations and churches, and has been featured many times on radio and television. His book is titled: BAD CHUTE! Dave and his wife Melinda live in Marietta, Georgia and have two adult children.

**DATE:**

**TIME:**

**PLACE:**

