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This book – uniquely targeted at the 60–75 demographic – tells you what steps you can take in late middle age to give you the best chance of living a long, healthy and fulfilling later life. Keep fit, keep the brain going, and with a spot of good fortune you can be living a rewarding, active life into your nineties and beyond.

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SOD 60 explains an important concept- the 'Fitness Gap', first described by Muir Gray. This is the gap between our current and potential fitness, whatever our age. Keeping more active and adopting a healthy lifestyle reduces this gap: and improves our wellbeing now, reduces the risk of many preventable diseases and helps us manage those we may already have.

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