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Running and Walking for Women Over 40 : The Road to Sanity and Vanity

Kathrine Switzer

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A consistent program of running or walking is the fastest, easiest, and least expensive road to overall fitness and well-being for women and men at any age. For women over forty it can be the key to the most fulfilling years life has in store.

Katherine Switzer, a pioneer in women's fitness since 1967, when she became the first woman to officially enter the Boston Marathon is once again blazing a trail with the very first running and walking program designed specifically for women over forty. Now every woman can benefit from Katherine's highly personal, motivational, and step-by-step advice.

"For women beginning fitness programs at age forty, fifty, and beyond, the results can be nothing short of dramatic. For the first time they are reaching the body weight and physical conditioning they've always dreamed of. Women who have been reasonably active off their lives can also firnd a new and exciting road of fitness ahead of them after age forty. Some even find themselves outrunning women half their age!" -- Katherine Switzer

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