



# Start Strong, Finish Strong: Prescriptions for a Lifetime of Great Health

*Kenneth Cooper M.D. MPH, Tyler Cooper M.D. MPH*

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**The ultimate health program for those who want to live longer, healthier lives.**

*Start Strong, Finish Strong* means living the life we all want?now and as we age. It means a healthy heart, strong bones, and a quick mind. It means feeling great and looking younger than you did five years ago. It means making small but significant changes to your lifestyle that will revolutionize your life. With dynamite father/son combo Dr. Ken and Dr. Cooper, you'll learn how to:

- Add at least three years to your life
- Prevent age-related mental decline by 10 percent Annually
- Live without even minimal physical disability for seven extra years
- Reduce the risk of dying from coronary disease by 33 percent, and the risk of dying from cancer by 24 percent

Blast off to a strong start to getting your life in gear with the Coopers and finish strong with a healthy heart and mind.

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