

Younger Next Year
Live Strong, Fit, Sexy and Smart — Until You're 80 and Beyond
by Chris Crowley & Henry S. Lodge, MD
with Allan J. Hamilton, MD (2007)

What is your preparation for 'retirement'?

This book delves into both the physical and mental aspects of retirement, and preparing for retirement before it happens.

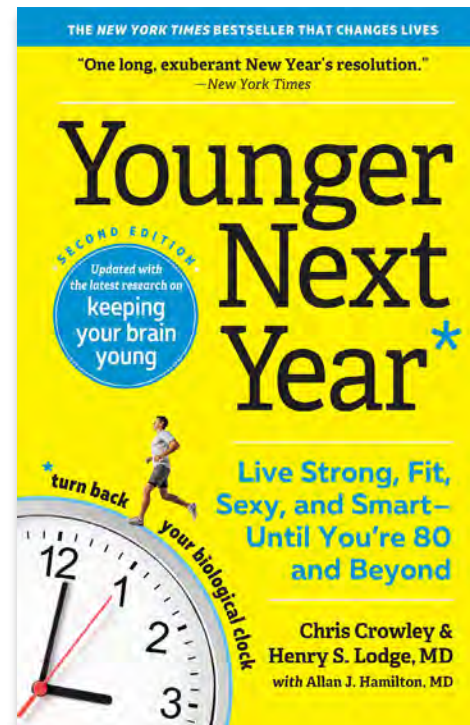
Many advances in health and education have changed what retirement looks like for today's generation. Forget about what your grandfather's and father's retirement looked like: you can design your own as the rules are changing. Young Next Year focuses on being healthy and beginning your fitness plan now while you are still working, not waiting until you retire. Remember that planning is required for successful retirement.

"Most of us can be functionally young every year for the next five to ten years."

Henry S. Lodge, MD

The book carries us through its chapters with a focus on common sense, science and the stories of people who have taken control of their lives. These vignettes provide us with light-hearted moments as we read about the missteps of the authors and their friends as they embark upon their journeys. I found myself chuckling at some of the scenarios they portrayed about their fitness adventures. I found this to be an easy book to read, with practical ideas of getting fit. The key is that it is not a magical transformation that happens all at once; it takes time, and you need to make a plan for your journey and to stick with it in order to realize your goal and to achieve success.

The book is divided into two parts: **Part One: Take Charge of Your Body**, and **Part Two: Take Charge of Your Life**. The first part focuses on your physical health and well-being and steps that you need to take in planning for your exercise program.



Some Chapter titles:

New Science of Aging

Life is an Endurance Event:
Train for It

The Biology of Strength Training

The Ugly Stick and
Other Curiosities

The Biology of Nutrition:
Thinner Next Year

In Chapter One, it states, ..."you can choose to live like fifty until you are in your eighties."

Each Chapter provides the reader with scientific facts, basic health information and provides real life scenarios. The recommendation is to find your passion and develop a fitness plan around it. Remember that progress is incremental, and that you need to develop your fitness plan in stages. One of the

funny scenarios discussed is about 'spinning', and how the author ended up in a class – at the end of it, he could barely walk, however his pride wouldn't allow him to stop spinning until the class was over. You need to build in reasonable goals, and factor in stages of time to achieve them.

The second part of the book, **Take Charge of Your Life**, focuses on the mental aspects of retirement and factoring in 'care, commitment and making connections' in order to have a successful retirement. People thrive when they are passionate about what they are doing, are committed to their goals and are connected with family, friend and their communities. The book emphasises that you need to take control of your retirement by planning for it, versus having it just happen.

Some Chapter titles:

The Limbic Brain and
the Biology of Emotion

Connect and Commit

Things that Go Bumpin the
Night

The New, New Thing –
Smarter Next Year

Protecting Our Brains For Life

Restless Optimism

They have developed a set of rules to live by, entitled *Harry's Rules*:

1. Exercise six days a week for the rest of your life.
2. Do serious aerobic exercise four days a week for the rest of your life.
3. Do serious strength training, with weights two days a week for the rest of your life.
4. Spend less than you make.
5. Quit eating 'crap'!
6. Care.
7. Connect and Commit.

In closing, the authors say that you have a choice in your retirement life. They recommend staying healthy through exercising, caring about family and friends, staying connected, and building purpose into your plans. Another key component of your retirement plan is to have 'fun'! By combining all of these factors and staying true to your plan, you will be rewarded with a rich and fulfilling retirement. The authors have also provided additional resources at the end of the book for readers to further their knowledge in the areas of:

- Exercise
- Nutrition
- Cognition
- Aging

I would recommend this book to those looking for ideas about staying fit in retirement, and looking for a book that provides real life scenarios with a personal touch of humour. This book is available at Chapters.



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