



Better With Age

The Couples Training System

A fun, effective and easy to follow fitness and nutrition program for pairs of all ages!

by Kevin Reid
Graphic Design and Drawings by Eve Lees

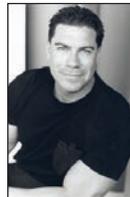
Eve was the designer, illustrator and wrote the nutrition chapter for *The Couples Training System* . . .

The Authors

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Kevin Reid

Kevin is the founder of Physical Dynamics and designed an impressive, state-of-the-art private gym and health studio. Kevin has over 30 years experience in the fitness industry, and is a Certified Personal Trainer (Can-Fit-Pro). Kevin is also BOSU Integrated Balance Training Certified. Despite suffering a serious back injury, Kevin continued to train, applying his knowledge and experience to make a remarkable recovery. Kevin is a proud father of three. He and his wife Michelle live in White Rock, British Columbia, Canada.



Eve Lees

A former newspaper journalist and editor, Eve continues to write about health for several newspapers and magazines. She's been active in the fitness industry since 1982. Eve owned a Health Food Store, was a Gymnasium Manager, a Certified Personal Trainer (Can-Fit-Pro), a Certified Nutrition & Wellness Specialist, (Can-Fit-Pro) and studied nutrition, anatomy/physiology and kinesiology at Simon Fraser University, University of California, S.A.I.T., Alive Academy, and Human Kinetics. Eve competed as a bodybuilder from 1984-1990. She is the mother of two adult children and lives with her husband in Surrey, B.C., where she works from home as a Graphic Designer and Freelance Health Writer.

With personal assistance you will be educated and inspired to achieve wellness sensibly and safely.

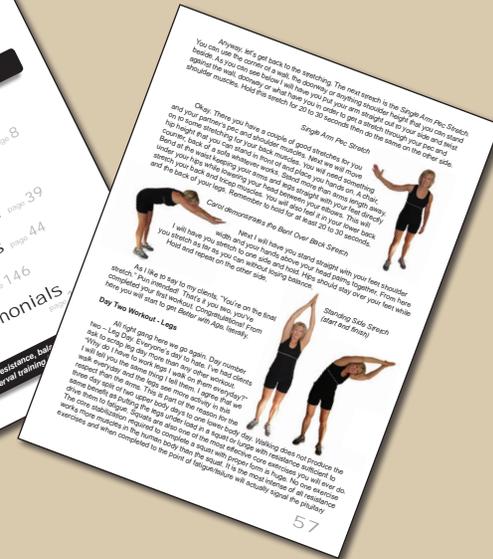
178

The Couples Training System

Everything you and your training partner need to know to become Better With Age

- Chapter 1 The Introduction page 8
- Chapter 2 The Logic page 12
- Chapter 3 The Equipment page 39
- Chapter 4 The Workouts page 44
- Chapter 5 The Food page 146
- Chapter 6 The Testimonials page 146

A unique blend of resistance, balance and cardio-core interval training



57

Better With Age The Couples Training System

Even if you have no intention of following *The Couples Training System*, you must read this book. It's more than just an exercise manual. Kevin will teach you much about the human body and exercise. You will be inspired by his client success stories and impressed by those who have overcome major health issues. You'll learn about all those strange gadgets and machines in the gym. You will be educated about sensible eating in the (awesome) nutrition chapter. And you will be amused by Kevin's humorous experiences as a trainer. This book reads almost like his personal diary. Much of the time you can't help but laugh at his stories. And laughter is good for you; it boosts your immune system, relieves stress and burns calories. And did I mention the awesome nutrition chapter? This book is a gem – sure to motivate even the most dedicated couch potato to become physically active and Better With Age.

Eve Lees



Margaret visualizes her new pipes.



Taylor, Peter and Carol Dutz ham it up with Kevin.



Just another workout!



Jim and Marie duke it out.

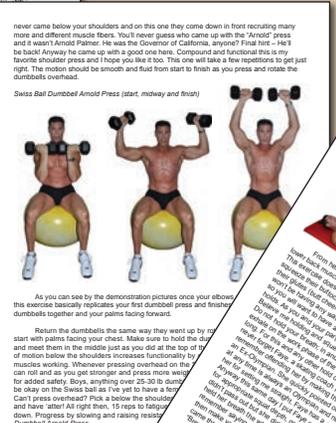
For more information or to purchase this unique "exercise manual" for two people, contact Kevin Reid kkreid454@gmail.com

\$39.95

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118



84