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Debut A New You: Transforming Your Life At Any Age (Coach Kat And Dr Mimi Book 1)



Synopsis

This is a book about an improbable fitness journey involving a nurse practitioner who returns to school at age 59 to earn her doctorate and at the same time decides (with her daughter's help) to become healthy and fit. Despite her overwhelming stress levels, weight gain, poor sleep, her busy study and work schedule she slowly takes charge of her life and transforms it. She not only graduates with her doctorate but a year later competes in her first bodybuilding show making her "debut at 62" earning a 5th place trophy in the over 40 age category. Dr Secor shares her journey and how she was able to change her life at a time when most of her peers are contemplating retirement. She shares tips and tricks on how she created such amazing results. As a result of her experience she is passionate about helping others become healthy, happy and fit. She believes it is never too late to pursue your dreams and that age is just a number. This book will inspire you to change your life- today!

Book Information

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