

## [A new lease on life in old age](#)



You may remember [John, a 62-year-old reader from the UK](#), who went from “sickly” (his own word) to in-shape with visible abs, thanks to weight-lifting, fasting, and supplementation. Well, I heard from him again, and he shared a remarkable success story, or at least the beginning of one, of a 69-year-old friend of his. He is using the same methods as John, and is seeing an almost instantaneous transformation of his appearance, health, and outlook on life. Below is what John wrote to me. Please read the whole thing.

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You may remember me from a couple of months back, the 62 year old British man who was sickly, fat and weak, very unhappy with my body and health. How I Manged-up my health by taking your advice about supplements and Fasting till I got the courage to go lift free weights. I am still working that regime, lifting better than ever and I laugh with satisfaction whenever I (frequently now) look in the mirror. I have reached the point where Carly Simon wrote that song about me (you know the one). However I do not want to tell you about me. There is a little bit of a backstory here but please stay with me, I think your readers will want to hear this.

Once every two weeks I meet a couple of other men around my age, to drink beer in an English pub for an evening. As an aside, it is a wonderful pub,

like an MGM 1930's idea of a pub, warm, cosy and full of wonderful eccentrics. Anyway, we set the world to rights and also try to work out how we missed out on dating Pat Benatar and/or Jacqueline Bisset. One of my friends at the pub is Maurice, a 69 year old man, originally from Ireland, retired these last six years.

Maurice is 5 ft 5 inches tall and in bad health. Blotchy skin, big bags under his eyes, really poor cardio, big gassy belly, 30 pounds of excess fat stomach on thin weak legs. By his own admission he has done no real exercise for 10 years.

In the pub two days after Christmas, Maurice said to me "Look at you! All the fat has come off your face, you have lost your gut. You look 10 years younger". Maurice knows all about Rogue Health and Fitness, it's a frequent topic of conversation when we get together. He asked me "Is there anything you can do for me?" "Maybe put me on a rowing machine?" "I am really fat, worried about my stomach".

So we went for it.

I checked that Maurice had no chronic medical conditions and started to do for him what I did for myself. I was worried what might happen, getting a 69 year old using free weights for the first time, but I judged that the benefits outweighed the risk.

Firstly I went back to your book Best Supplements and got Maurice taking supplements, particularly Magnesium Citrate and Vitamin D, which he was not getting in his diet. He agreed to clean up his diet, some sugary stuff in there that he has now stopped. We went to your book Intermittent Fasting, for fasting advice. Maurice now fasts two days a week, by skipping breakfast. He has also cut out a lot of carbs.

The second week we went to my Gym. One or two of the Powerlifters did look at us, no lie, Maurice was looking in bad shape. I gave Maurice the all-round starter workout that the Personal trainer gave me when I first started lifting. I oversaw his form and his reps.

We trained twice, Monday and Friday, with as much recovery time as possible.

On the Saturday after, he came to my house to pick me up to go to the pub. I was shocked. The blotchiness had gone out of his skin, his eyes were less watery, the big bags under his eyes had shrunk. All this in two sessions! He met with his family over that weekend and the first thing they said was "you look totally different!".

This week we trained three times Monday, Wednesday (light day) and Friday, Maurice is now very keen to train. Today it was obvious that he had lost some of the fat in his face and that his stomach is firmer. Quite simply, he looks so much healthier. But I find it amazing that this has taken so little time. His response to being Manged-up is clearly even better than mine.

As I write this, I can feel Imposter Syndrome breathing down my neck. I fear that one of your more experienced readers will say "this man is lying!".

However, every word of this comment is true.

Oh, and the Powerlifters? For some of these guys Maurice is old enough to be their father, for the rest he is old enough to be their grandfather. Yet they treat him as if he were their favourite kid brother. If there were a medal for kindness and courtesy, every man at my Gym deserves one. Great blokes.

Thank you, P.D, we could not have done it without you. Rogue Health and Fitness is invaluable and irreplaceable. Keep up the great work.

Will keep you posted,

Very best regards,

John

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I'm gratified to have had a hand in all this. One thing that struck me is Maurice's willingness to change at his age; I find that unusual. But it seems that John's own transformation showed Maurice that change was possible, and he went for it. So all credit to him.

Most people just get fat and sick as they age, but it doesn't have to be this way, with just a bit of applied effort. Also I think most people don't understand that that effort can be fun – I love weightlifting and can't get enough of it. When you start seeing results it's even better.