



Longevity in Action

Arnold Bull

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Longevity in Action Arnold Bull

Although the life expectancy of Americans was rising, an alarming number of the author's family members, boyhood chums, and military buddies were passing away . . . years too soon! Then came the shattering blow when his dear wife, Alice, mother of their seven children, nearly succumbed to cancer at 59! It was then that Arnold Bull, an admittedly burned-out, chain-smoking "couch potato" took his life in another direction at the age of 62. He plunged headlong into research in preventive medicine, which led to the study of nutrition and physical fitness, eventually leading to his acquiring the title of America's Oldest Certified Aerobics Instructor.

This informative, lighthearted book, based largely on Arnold's motivational lecture series, is an inspiration to not only senior citizens, but to their offspring—the millions of Baby Boomers tentatively entering their 40s and 50s.

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