

# Total Health For Life

**The Guide to Teaching Baby Boomers  
How to Achieve Optimal Health, Reverse  
Aging and Fight Disease**

**This self-taught, 54 year old health and fitness expert enlightens you on how to train your mind to be successful at being healthy and gives you the knowledge and motivation to live the best physical and fulfilled quality of life ever.....IN JUST SIX HOURS A WEEK!**

Total Health For Life



**For Men  
& Women**

Rico Connor is the author of *Total Health For Life, Mind and Body, The Baby Boomer's Bible of Health*. He writes for two national magazines, has been featured in several magazines, been on FOX 5 News and many radio shows across the country. He has also won the only 2 body building contests he's entered.



## Segment or Show Ideas

1. How Every Baby Boomer Can Look & Feel 10 Years Younger
2. How You Can Transform Your Body in Just 6 Hours a Week!
3. Why Going to the Gym may be Hazardous to Your Health!
4. The Top Five Myths About Diet and Exercise.
5. Why You Aren't What You Eat.

## Rico's Tips

1. Antioxidants and strength training are the fountains of youth.
2. Obesity is not due to heredity.
3. Keep your pH Alkaline and never be sick!
4. Women weight lifting is the **ONLY** thing that prevents osteoporosis and increases bone density and bone mass.
5. Hours and hours of cardio are setting you up to die of a heart attack!

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