



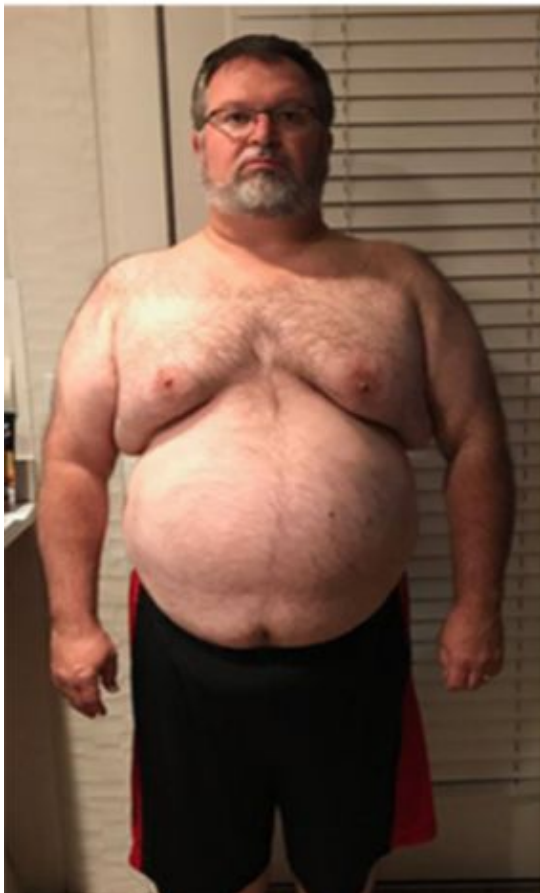
Fit Father 30X - Email

Subject Line - Don't train like a millennial. Do this instead

Hitting it hard in the gym may work for millennials.

But once you get past 40, doing bicep curls until your arms hurt is more likely to result in injury.

Shaun is just one of the millions of men to discover this the HARD way.





He was desperate to get his health on track so he'd be around to support his family and see his kids grow up.

But sadly, he'd been let down by an industry that REFUSES to adapt to the latest science.

Because what fitness gurus FAIL mention is that when you're over 40...

Training like a millennial is doomed to fail.

It comes down to simple biology.

When you hit middle age your body can no longer produce the hormones it needs to build muscle...

its metabolism no longer burns as much fat...

and it can't produce as much energy to power through workouts like it used to.



What this means is 'crushing it' in the gym like you did in your 20s or 30s is more likely to result in frustration and minimal gains.

Yet six months ago, Shaun didn't know *any* of this.

As a qualified Doctor in Naturopathic Medicine, I meet men like Shaun all the time battling to get in shape.

And as a former national champion bodybuilder, I know why most are failing.

It's why I created Fit Father 30X...

The ONLY fat loss program in the world SPECIFICALLY designed for men over 40.

Because instead of brutal workouts that destroy your joints, it focuses on low impact exercises you can do in 30 minutes or less.

And instead of restricting carbs to the point of making you feel weak and miserable, it gives you quick to prepare meals that keep you feeling full and energised.

You also get the key magic ingredient: Ongoing support to keep you on track.

The difference of following a program designed for men over 40 was the breakthrough Shaun desperately needed.

Because...

Shaun FINALLY lost the 125 pounds of lethal belly fat he needed to protect his health.



In fact, Shaun now has the same waist line he had in college...

only THIS time he's packing more muscle (or has a 'sexy dad bod upgrade' as his wife calls it).

Yet what mattered more to Shaun were the changes in his health markers.

Because finally, Shaun no longer lives in fear of a fatal heart attack.

Instead his mind is filled with plans of seeing his kids graduate, and chasing future grandkids around the garden.



Now, I understand if you think Shaun's story sounds too good to be true.

And I'll be straight with you...

Fit Father 30X is not a magic bullet.

Yet if you're willing to do the work, you've a significantly higher chance of succeeding than any of the 'one-size-fits-all' programs out there.

In fact, I'm so convinced Fit Father 30X will be the breakthrough you need - just as it's been for Shaun and 26,759 other men - I want you to try it risk free for 60 days.

The bottom line is this: Nothing changes unless you make changes. The longer you leave it, the worse your health may get.

So if your body isn't where you want it to be, the *ONLY* risk is not giving Fit Father 30X a try:

[>>>Click here to watch my short video on why Fit Father 30X succeeds where 99% of fat loss programs fail](#)

Dr. Anthony Balduzzi NMD
Founder of The Fit Father Project