

Title:

Over 45? Ten Reasons Why You Should Do The Ironman Triathlon

Word Count:

310

Summary:

- 1) Just preparing for it by dieting properly and training could well put you in the best physical condition of your life.
- 2) By improving yourself, you do a wonderful thing for your family and all those close to you.
- 3) In the eyes of those same people, you will be a role model, a hero and an inspiration.
- 4) You will give your life new meaning. As a 14 time Ironman(my last at 55), I guarantee it.
- 5) You will most likely learn new skills you previously knew nothing about.

Keywords:

Over 45, first ironman, ironman triathlon

Article Body:

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- 4) You will give your life new meaning. As a 14 time Ironman(my last at 55), I guarantee it.
- 5) You will most likely learn new skills you previously knew nothing about. Just learning how to swim, bike and run.
- 6) In the course of your training and the race experience itself, you will meet some truly remarkable people.
- 7) You can combine your Ironman race with a holiday and take the family. Most important of all, you will have a great time.
- 8) For the first time, you will learn what you are truly capable of on a physical, emotional and mental level.
- 9) You will discover there are few challenges the human spirit cannot overcome and the strength you have when you are determined.
- 10) Finish this race and you will forever have the title Ironman in front of your name. That's a feeling you can't buy.

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