Table of Contents

Foreword by Neil Cavuto

Introduction

- 1. I Proved That Fast Food Isn't Fat Food But There Are Still People Who Don't Believe It
- 2. My Life as a Brand Ambassador
- 3. A New Experiment: Fit at Fifty-Eight
- 4. 5X5: Exercises for Strength, Muscle, and Higher T
- 5. A Plant-Based Diet You Can Sink Your Teeth Into
- 6. Next Up—YOU!

Acknowledgements

About the Author