



Peak 40

The New Science of Mid-Life Health for a Leaner, Stronger Body and a Sharper Mind

Dr. Marc Bubbs

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From Tom Brady to Serena Williams, Tiger Woods and Roger Federer athletes are increasingly peaking later in their careers. *PEAK 40* by Dr. Marc Bubbs, performance nutritionist and consultant for professional sports teams in the NBA and NFL, is for anyone wanting to discover the best version of themselves coming into mid life.

Recent studies show that happiness typically lulls in mid-life and continues to the bottom of the U-shaped curve until age 48. Lack of sleep, high stress, children, demanding work schedules, and limited time for exercise contribute to a decline in physical and mental health, no matter what financial or professional heights have been reached.

Dr Marc Bubbs is a performance nutritionist with a portfolio of professional and Olympic athletes – but he is also the dad of three kids, all under the age of seven! In the eye of the mid-life storm himself, he has created the ultimate guide for anyone wanting to rediscover the best version of themselves coming into their 40s.

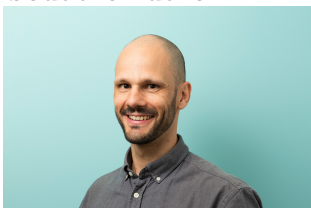
PEAK 40 gives you the tools to work smarter, not harder. Dr. Bubbs offers simple, evidence-based, and science-backed strategies to help you reignite your energy, focus, and well-being. The information presented is easy to digest, with advice that can be tailored to your body and personality type. For example, small changes such as not eating after 8pm for five days a week, can have a big impact on weight loss and positive mood. Rather than eliminating certain food groups like fats and carbohydrates, he looks at ‘turning the dial’ on them, depending on individual needs.

In *Peak 40*, you will learn:

- How to increase flexibility and to train, even with achy joints, knees, back, and shoulders
- Whether a plant-based diet is right for you, and the importance of glucose control
- Whether to lift weights, and who should do HIIT (and who shouldn't)
- How to deal with low moods, set realistic expectations, and more

This isn't just a book about losing weight. Dr Bubbs takes a holistic approach to fitness, in order to achieve your best potential at any age. “Life is 10 percent what happens to you and 90 percent how you respond. Acknowledge the awe-moments. Open up to optimism. And build the right habits,” he writes. “PEAK 40 health and performance is just around the corner.”

About the Author



Dr Marc Bubbs, ND, MSc, CISSN, CSCS is a naturopathic doctor, performance nutrition lead for Canada Basketball and consults with professional sports teams in the NBA, NFL, MLB, and NHL, as well as Olympic athletes. Dr. Bubbs is the author of the best-selling book *Peak: The New Science of Athletic Performance That is Revolutionizing Sports*. He hosts The Performance Nutrition Podcast and regularly speaks at health, fitness, and medical conferences across North America, the UK, and Europe.