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Sir Muir Gray is one of Britain's most senior medical figures. He pioneered breast and cervical cancer screening, and was knighted in 2005 for his work in the development of foetal, maternal and child screening programmes. He is now Director of Better Value Healthcare. Find out more on his website www.sod70.org

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Many of the problems older people suffer from have, as their underlying cause, a fundamental loss of fitness. Others are caused by preventable diseases (with these even being preventable after the age of seventy) and, broadly speaking, from the wrong approach to life, influenced by negative social pressures.

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Decline is not inevitable but the older we get, the greater the need for positive action if we're to stay fit and well. Sir Muir explains the how as well as the why of this and as such this book deserves to be essential reading Age UK The message of this book is that prevention is as relevant at seventy years old as at twenty.

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