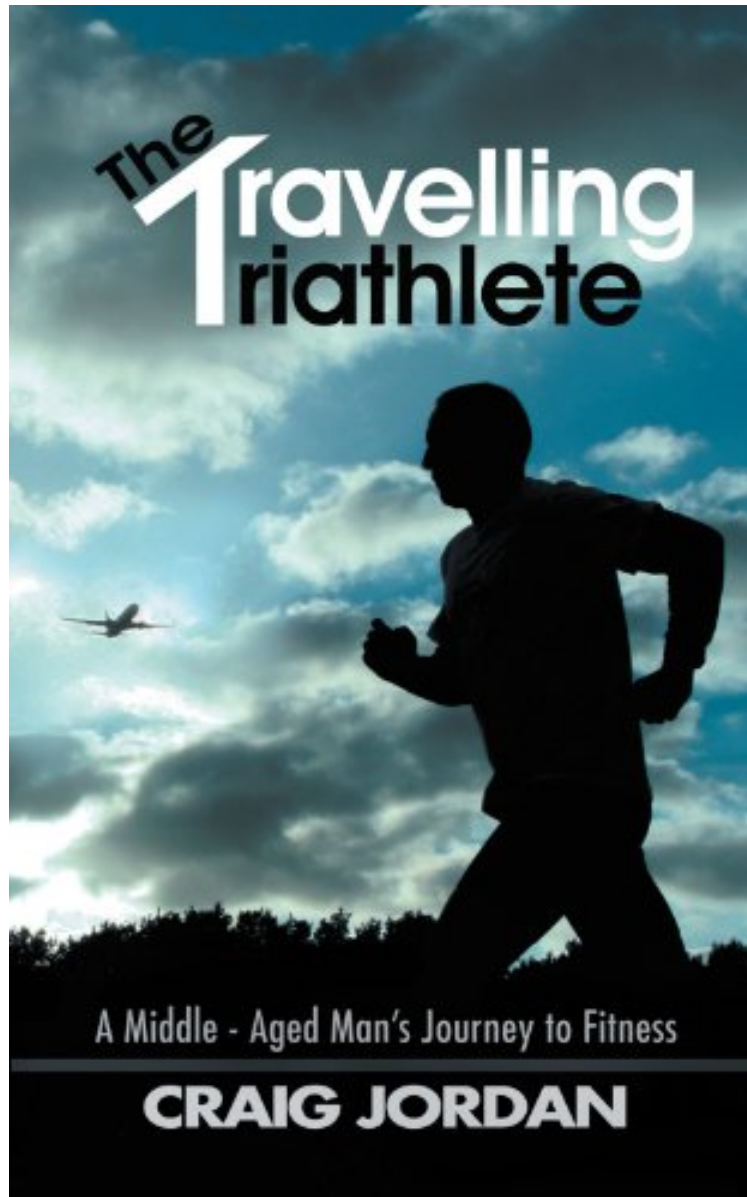


[Free] The Travelling Triathlete: A Middle - Aged Man's Journey To Fitness

# The Travelling Triathlete: A Middle - Aged Man's Journey To Fitness

*Craig Jordan*

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**Craig Jordan : The Travelling Triathlete: A Middle - Aged Man's Journey To Fitness** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Travelling Triathlete: A Middle - Aged

## Man's Journey To Fitness:

While flicking through some photographs of a holiday in the Caribbean in 2009 Craig Jordan was appalled by what he saw, an overweight out of shape middle aged man on a very slippery slope. Craig decided there and then on a campaign to get "Fit for Fifty" and this became his mantra but the question was which sport? Over the next few months he was a regular visitor in the gym and went out and bought a mountain bike but nothing seemed to inspire and getting the journey to get fit seemed destined to fail. On a whim Craig entered a local triathlon and from that moment was hooked on the sport that over the next year took him on an incredible journey across 3 continents, 16 countries meeting and training with the stars of the sport and in the process getting in better shape than he has ever been at any point in his life. An inspiration not only to triathletes but for anyone who believes age is a roadblock to ultimate fitness.

About the Author After spending many years pursuing a business career that spanned 20 years and 3 continents in his mid to late 40's Craig Jordan was looking for a new healthier challenge. After looking around for some activity to take his interest Craig stumbled on the sport of triathlon and has never looked back since.