



ATTN RADIO HOSTS:

10 Questions for author of *50 Athletes Over 50* – Don McGrath



BIO/INTRO:

Don McGrath is a leading advocate for those who want to be fit and healthy later in life through exercise and sports. A lifelong athlete who competed in running at the national level, his current passion is rock climbing in the Colorado Rocky Mountains. With advanced degrees in engineering, he holds the position of Director of Engineering at LSI Corporation where he leads and motivates engineers worldwide. An inventor, McGrath has over 40 patents to his name. His previous book *Dream It, Live It, Love it* is a prelude to this work. He has established the 50k-Active/Athlete Challenge to recruit 50,000 people to adopt five healthy habits observed in athletes interviewed for this book. Don and his wife Sylvia live in Fort Collins, Colorado. He can be reached at don@50interviews.com or via phone: (970) 443-4307. His website is:

www.50athletesover50.com

- 1) Tell us a little about your background.
- 2) With a Ph.D. in engineering, how did you come to write a book about athletes over age 50?
- 3) In the title of your book, you refer to a Strong, Healthy Life; how do you define that?
- 4) Having done 50 interviews with athletes in less than four months, where did you find all these over-50 athletes?
- 5) What sort of athlete did you interview and how did you select them?
- 6) Does being an athlete later in life require extraordinary genes; how do they stay at it?
- 7) What lessons did you learn from the athletes you interviewed?
- 8) Is there one or two athletes you interviewed that stand out in your mind?
- 9) What advise would you give to people who want to live a strong, healthy, but don't know where to start?
- 10) How has writing this book changed how you think about your own healthy and participation in sports?