



Don McGrath, Ph.D. Speaker and Author, 50 Athletes Over 50



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.

Don 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.

Speaking Topics:

Do Athletes Over 50-Years-of-Age Hold the Key to Health Care Reform?

The lessons learned from the athletes Don interviewed can change people's lives. By emulating the kind of healthy lifestyles these athletes practice, Americans would need less health care.

The 50,000 Athlete Challenge

As a result of seeing the incredible health of the over-50 athletes he interviewed, Don McGrath created the 50-k Active/Athlete Challenge. The goal of this challenge is to inspire 50,000 people to adopt some of these healthy habits.

5 Myths About Older Athletes

In the course of completing 50 interviews, Don uncovered truths that dispel commonly held myths about being active when you get older.

Over the Hill? ... Which Hill?

For Don, and all the athletes that he interviewed, life is not a hill, but a 3-D landscape peppered with an incredible and diverse terrain. The thought of a steady climb and decent is ludicrous, for all but the most unfortunate.

Emergence from Your Mid-Life Crisis Better Than Ever

In doing research for his book on masters athletes, Don found instances where the athletes he interviewed started exercising as a result of a mid-life crisis and improved their lives in unimaginable ways.

You Have Excuses for Not Exercising? Meet These People!

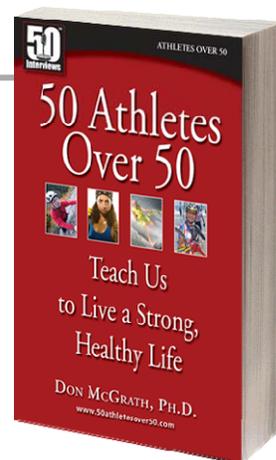
Don will introduce you a man who lost his leg to an aggressive infection at age 70, and now at age 72 is training to run the Boston Marathon, to a woman who has recovered from a near life-ending accident and now is a 57 year old bodybuilder, and many others, such as the paralympian fencer and down hill off-road wheelchair racer, who wishes everyone was as fortunate as he is.

Being Normal is Not Good Enough

The average American is overweight, and on a path to being an unhealthy older American. As a nation, we need to raise the bar for normalcy.

Radio/Television Interview Questions:

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 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 advice would you give to people who want to live a strong, healthy life but don't know where to start?
10. How has writing this book changed how you think about your own health and participation in sports?



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