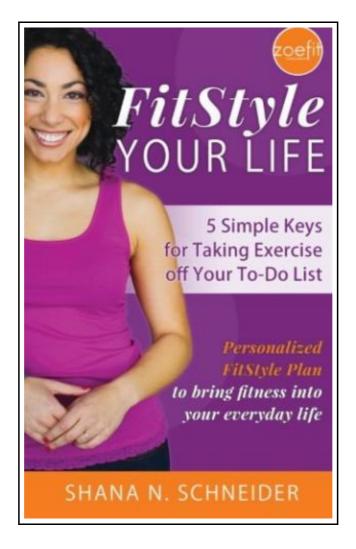
Fitstyle Your Life: 5 Simple Keys for Taking Exercise Off Your To-Do List (Paperback)



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Reviews

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(Rowan Gerlach II)

FITSTYLE YOUR LIFE: 5 SIMPLE KEYS FOR TAKING EXERCISE OFF YOUR TO-DO LIST (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Stop looking for that 25th hour! This is the perfect book for anyone who struggles to find time for exercise. We know it s important to be healthy and fit. So, why do we allow exercise to get pushed to the bottom of our To-Do list or worse, drop off completely? With the millions of other responsibilities that draw on our time, it s hard to add in yet another thing to do. The FitStyle Your Life approach shows you how to bring fitness into your everyday life, so you don't have to worry about a busy schedule or being too tired at the end of the day. This is a practical guide to fitstyle your life with five simple keys and a planning guide. This is about creating a lifestyle.

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