



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

By Shana N Schneider

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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Reviews

Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.

-- **Malcolm Block**

A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.

-- **Prof. Llewellyn Thiel**