



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.



Reviews

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-- Santos Koelpin

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Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



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Echo Library, United States, 2008. Paperback. Book Condition: New. Illustrated. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in...