

s to Stop Fitting Exercise into a Busy Life and Start C

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Synopsis

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Do your boss or others at work look out of shape, negative and dejected? Do you stop to think about your own health and wellness, and ask "Is this where I'm headed?" Do you see others living uninspired, unmotivated lives and wonder if this is the way things have to be? Maybe you have neglected the health and fitness of your own body and are afraid you cannot get things under control. Well, YOU CAN. Your life does not have to be one of chaos. **Fitness Lifestyle** will show you how you can **choose and design the healthy lifestyle you desire**. In doing so, you can have a positive influence on your community. Our bodies are outward representations of our minds. This book outlines **5 simple practices** for your mind to control and shape your body. Bodily exercises are useless without supporting mental exercises. To incorporate physical exercise and fitness into your life that WORK, this book will give you the mental tools and equipment necessary. By following the practices in this book, you will be able to **train your mind and body to accomplish what you want**.

Reader's comments

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