

# Get Moving

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## Synopsis

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Remember when you were little and you always felt a restless energy to run, jump, and skip all over the place? As we grow older, our energy levels decline and our schedules get busier, but it becomes more important than ever to remain active. No matter what stage you are in life, you can learn to fall in love with exercise again. This program has been designed to pump you up for a daily workout that will give your health a boost. This program can help you:

- Increase your desire to exercise
- Feel more motivated to work out
- Develop an active lifestyle

The audiobook includes powerful affirmations for leading a healthy lifestyle that incorporates regular exercise. Listen during any part of the day or evening. The benefits of exercise are countless, from increased strength and flexibility to a lower risk of depression and anxiety. Make exercise a non-negotiable part of your life and reap the immense rewards.

## Reader's comments

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