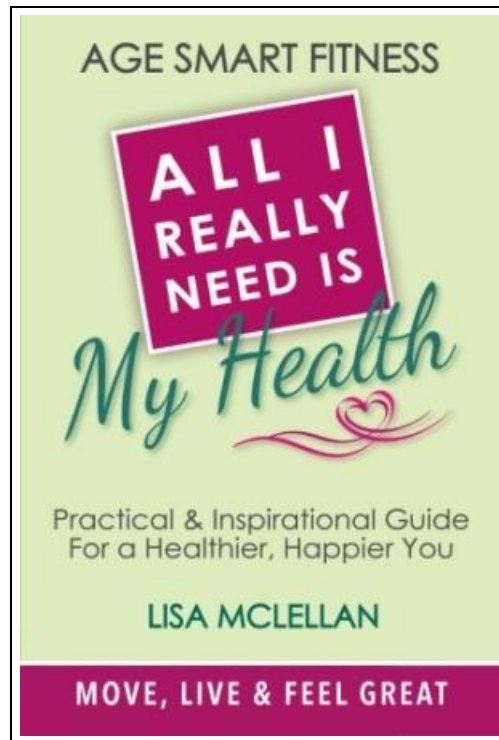


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(Ariane Rau)

AGE SMART FITNESS: ALL I REALLY NEED IS MY HEALTH



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Age Smart Fitness, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I never imagined getting older could mean getting better! Lisa McLellan has established the perfect blueprint for doing it. And it's a lot easier than I thought it would be! -Ginette Belair Transform Your Mind, Body and Spirit with Fun and Easy Fit-Tips Do you want to be healthier so you can avoid needless health problems as you age? Do you want to be happier so you can experience better relationships and live your true purpose? Are you ready to take complete control of your destiny and have more fun doing the things you love? 12 habits in 12 months that transform your life. You can do this! Getting and staying fit well into your 50 s, 60 s, 70 s and beyond is easier than you think-and it can be a lot of fun too ! All you have to do is learn one new habit each month for a year! All I Really Need Is My Health is loaded with Fit-Tips that make it simple to. Achieve greater health, vibrancy and energy Learn proven diet and nutrition secrets Lose fat as a side effect Eliminate pain and avoid injury Reduce and manage day-to-day stress Sleep better and look and feel your best Cultivate life-long health, wellness and purpose Lisa literally takes your hand and guides you through a series of simple changes that make a wonderful impact in your life. It's like allowing a wellspring of newfound energy and vitality to slowly sneak up on you! -Eleanor Dunford Lisa McLellan has over 35 years of coaching experience. Her thoughtful approach to fitness, mindfulness and wellbeing is safe, effective and fun. She...



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