



Have Fun Getting Fit: Simple Ways to Rejuvenate Your Mind and Body

By Sharkie Zartman

Spoilers Press. Paperback. Condition: New. 174 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Yes, You Can Have FUN Getting Fit! Who says getting fit has to be a chore? Motivating yourself to move your body every day can make all the difference to living a vital, happy life. It's especially important for people 50 since most aging symptoms are caused by inactivity. This empowering book will inspire you to get off the couch and try new activities that you enjoy. When you do, you'll gain these and other benefits: reduced stress, more energy, better sleep, weight loss, increased muscle mass, improved brain functioning and a lower risk of most chronic diseases. Have Fun Getting Fit includes these special features: PEP talks at the end of each chapter, tips on nutrition, avoiding injuries and staying fit for life, cartoons by Damian Fulton, and sample walking and jogging programs. The second half of life really can be the best half, but it's up to you. If you are having fun getting fit, your life will become more fun too, since you'll have the energy and physical ability to enjoy your life to the fullest. This item ships from multiple locations. Your book may...

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