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Fitness One Day at a Time: Overcome the nine most common barriers to exercise

Tim Lencki

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Fitness One Day at a Time: Overcome the nine most common barriers to exercise Tim Lencki Warning! Reading this book will leave you no option but to start exercising.Only one in five people make exercise a regular part of their life. Why? Because many different obstacles get in the way. Has this been true for you? If so, look no further. Fitness One Day at a Time will identify and help you overcome the obstacles that keep you from exercising. Better yet, it will teach you how to make exercise a lifetime activity.This book will teach you:* What you need to know in order to get started* Where most people go wrong when trying to make exercise work* Why you may have failed at exercise in the past* How exercise can make you successful

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