



## Fitness Optimization: : Learn the Essentials of a Healthy Lifestyle, the 8 Key Ele

By John Mayo

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.GET FIT BY USING WHAT WORKS Fitness should not be viewed as a quick fad that you can achieve and then have forever. It is a lifestyle that needs to be maintained regularly. If you truly want to become a more fit person, it will not be an easy road, but I can promise it will be worthwhile. Here is a preview of what will be covered \* I will dissect the conventional definition of fitness and completely reconstruct it. \* You will learn all about the 8 primary aspects of fitness that you can improve upon to become a healthy and happier person, diet, sleep, flexibility, cardiovascular training, core, functional strength, sex and mental acuity. \* Healthy food selections \* Various effective, well-structured workouts \* The science behind why working out makes you happier \* Injury prevention \* Tons of useful tips and tricks for achieving and maintaining a high fitness level \* How to sleep better \* Increase your Libido (Sex drive) \* Maintaining a high level of personal motivation \* Highly effective and underutilized workout equipment...



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