

# Get fit, stay fit

McGraw-Hill Higher Education - Get Fit, Stay Fit



Description: -

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Poetics.

Health

Exercise

Physical fitnessGet fit, stay fit

-Get fit, stay fit

Notes: Includes bibliographical references and index.

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Tags: #180 #Fitness

## Get Fit

Take the stairs instead of the elevator.

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Measure out portion sizes according to package directions. Reduce your overall sitting time. If you continue to eat the way you ate while you were young, there are high possibilities of having some issues.

### 180 Fitness

It will give you energy and invigorate you for the afternoon. We tend to work long hours regardless of whether we work in the corporate world or run our own business. We just needed to let you know.

### 180 Fitness

Whether you're at work or school, agree to have a walking meeting instead of a sit-down meeting in your office or at a coffee shop. It's part and parcel of aging.

### Infinity Fitness AZ

Walking is a great way to stay fit without actually feeling like you're exercising. Dogs require walking once or twice a day, and most dogs would love longer walks on weekends. Self-quarantine can cause stress and challenge our ability to Get Fit Stay Fit.

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