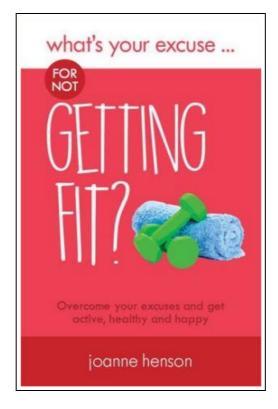
# What's Your Excuse for Not Getting Fit?: Overcome Your Excuses and Get Active, Healthy and Happy



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# Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Salvador Lynch)

# WHAT S YOUR EXCUSE FOR NOT GETTING FIT?: OVERCOME YOUR EXCUSES AND GET ACTIVE, HEALTHY AND HAPPY



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WYE Publishing, United Kingdom, 2015. Paperback. Book Condition: New. 2nd Revised edition. 198 x 129 mm. Language: English. Brand New Book. Overcome your excuses and get active, healthy and happy. Do you want to be fit, lean and healthy, but find that all too often life gets in the way? Do you own a gym membership you don t use, or take up running every January only to give up in February? Then this is the book for you. This is not yet another get-fit-quick program. It s a look at the things which have prevented you in the past from becoming the fit, active person you ve always wanted to be, and a source of advice, inspiration and ideas to help you overcome those things this time around. Change your habits and attitude to exercise for good. Too tired? Lacking motivation? Bored by exercise? You won t be after reading this book! So what s your excuse? Joanne is a true inspiration! Her passion, commitment and no nonsense attitude never fails to motivate her clients to get moving and achieve their health and fitness goals Sarah Price, triathlete and five times Ironman finisher.

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