



Lifestyle Fitness: The Average Person's Guide to a Happier, Healthier, and Fulfilled Life (Paperback)

By Robert Neeves

Balboa Press Australia, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.At the age of sixty-nine, author Robert Neeves successfully climbed Mount Kilimanjaro-Tanzania, reaching the highest peak of 5,895 meters. Even though he was challenged with health problems from a young age, Robert has always strived for fitness. In Lifestyle Fitness, he shares a wide range of information crucial to helping you improve yourself and your lifestyle with moderate, regular exercise and proper nutrition. In this reference guide, he offers a host of information to enhance the lives of people of all ages through common-sense advice and motivation to improve their lifestyle through better eating habits and mild regular exercise. Lifestyle Fitness addresses everything from motivation, posture, fitness at home and in the gym, stretching, breathing, rest, sleep, injury prevention, muscle recovery, structuring an exercise session, and more. Robert, a personal trainer, communicates that prevention is better than cure and advocates investing in your life through activity and healthy eating to reap long-term rewards.



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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- Doris Beier

A brand new eBook with a new standpoint. I have got read through and I also am confident that I will gonna read again once again down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Miss Shannon Hill V