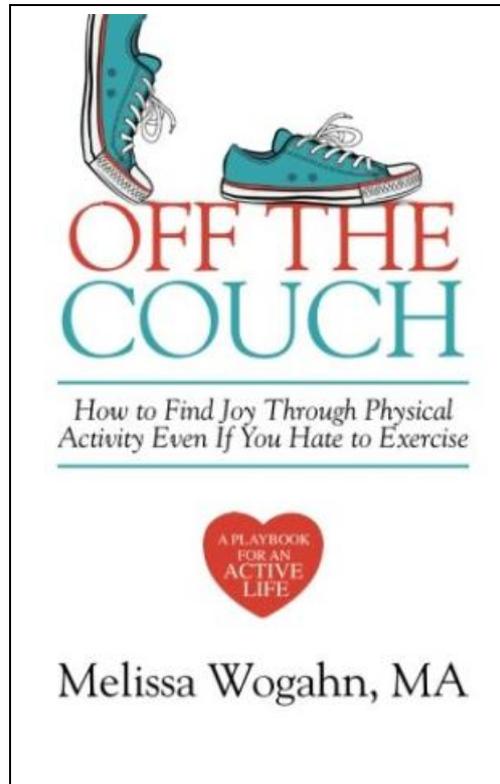


Off the Couch: How to Find Joy Through Physical Activity Even If You Hate to Exercise (Paperback)



Filesize: 3.44 MB

Reviews

This ebook will be worth acquiring. It is actually written in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Trystan Yundt)

OFF THE COUCH: HOW TO FIND JOY THROUGH PHYSICAL ACTIVITY EVEN IF YOU HATE TO EXERCISE (PAPERBACK)



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Partnerpress.Org, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you hate to exercise? Are you an exercise dropout? Has your doctor told you to start moving? If you answer yes to any of these questions, you are not alone. In fact, the CDC tells that 80 of Americans do not meet the recommended level of physical activity. Off The Couch helps you think differently about exercise so that when you do start, you will be more successful. Instead of secrets and the latest fads, you ll learn: How to create an Active Living Vision. The 5 stages to success beginning with I m Not Even Close to Thinking About It to the I Am Active and Loving It! stage. How two types of goal setting go hand-in-hand to overcome resistance. If you ve started only to stop, it isn t the exercise. It s your approach. Off The Couch helps you create an active life that meets you on your terms so that you can feel better, sleep better and become your own BFF.

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