

Get Fit Stay Well 2nd Edition

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exercise for busy lives is the ultimate guide for anyone juggling a packed schedule while striving to maintain a healthy active lifestyle this book is designed for professionals parents students and anyone who feels they just don t have the time to fit exercise into their day with practical time efficient workouts tips on maintaining consistency and strategies to stay motivated this book shows you how to prioritize your health even when life gets hectic from quick routines you can do at home or in the office to smart ways of sneaking exercise into your daily routine exercise for busy lives ensures you ll stay fit and energized without sacrificing your other responsibilities

in his book how to stay healthy fit for life author and fitness expert steve michael explains how the american diet and life style contribute to the alarming state of unhealthiness in our country and reveals the simple diet and exercise regimen that keeps him at age 72 as fit as a twenty five year old

the editors of men's fitness magazine and a distinguished 22 member editorial board present the ultimate reference for men seeking to maximize all aspects of their well-being physical, emotional, and psychological. Specific ways to maintain good health and prevent disease are stressed in each chapter and numerous sidebars, charts, and self-tests make the information very accessible.

This book by a nationally known and respected health care forecaster examines the entire health care field and gives concrete reasons why there will be revolutionary changes in the field between now and the end of the century. The author points out the trends, threats, and opportunities that lie ahead for health care professionals. In addition to providing a forecast of the future, the book includes numerous strategic recommendations that will help the reader prepare now to take advantage of the changes.

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