



## Starting a Life of Fitness: How to Be Healthy in a Natural Way

By Amanda Wells

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Books predicated on offering fitness tips can help people in their daily lives for numerous reasons. First, the fitness tips can help motivate individuals who are sedentary to start a physical activity routine. Second, the fitness tips can answer questions that people have regarding how to exercise appropriately and optimally. Third, the fitness tips can function as a reminder for an individual who is already physically active to adhere to the exercise routine they are currently using for weight maintenance or other health-related purposes.



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