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American Heart Association Fitting In Fitness: Hundreds Of Simple Ways To Put More Physical Activity Into Your Life



Synopsis

If you're like most people, your life is so hectic that it's hard to imagine squeezing in time for daily exercise. The good news is that you can get fit without an expensive gym membership or rigorous workout schedule. New research proves that you can "sneak up" on fitness by grabbing a little time here and there throughout the day so you total at least thirty minutes of moderate activity on most days. The American Heart Association's Fitting in Fitness guide will show you how to work spurts of activity into the way you live right now. Those few minutes can add up to huge rewards, including a stronger heart and bones, higher energy levels, better weight control, and more. You'll find hundreds of tips for fitting in fitness in this easy-to-use, inspiring guide. You'll even learn how to bring your kids into the act and have a lifestyle program that works for all of you.

Book Information

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Customer Reviews

American Heart Association Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life (American Heart Association) I enjoyed this book because you do not have to read it front to back. You can skip around and get just the information that applies to you. Information boxes are used for quick tip ideas. The book provides great advice and suggestions for how to incorporate small changes in your daily routine to boost your fitness level. Common sense advice that you just haven't thought of yourself!

The book was easy to follow and helped me put more exercise in my life.

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