



365 Ways to Get Fit: In Association with Sport England (Paperback)

By Sport England, Andrew Shields

PAVILION BOOKS, United Kingdom, 2008. Paperback. Book Condition: New. 176 x 130 mm. Language: English Brand New Book. 365 Ways to Get Fit is about building activity into your everyday life. It's fun and simple and it only takes 30 minutes a day to feel healthier and happier. You can get off the bus early, go for a short bike ride, do some gardening, climb the stairs or walk the dog. You'll be amazed how quickly a few small decisions add up to one big change for the better. This book offers you 365 ideas. It also explains why getting active is so important and how exercise contributes to our health and well-being. There is a guide to cardiovascular fitness, strength, endurance and flexibility, safety and energy expenditure. It also offers information on nutrition and hydration and other key medical issues relating to fitness. The book is scattered with quizzes, questionnaires, charts, tips, case studies and quotes from world-class international athletes. It contains everything you need to know about how to sustain a more active lifestyle.



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