



What's Your Excuse for not Getting Fit? (What's Your Excuse?)

Joanne Henson

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Overcome your excuses and get active, healthy and happy

Do you want to be fit, lean and healthy, but find that all too often life gets in the way? Do you own a gym membership you don't use, or take up running every January only to give up in February? Then this is the book for you.

This is not yet another get-fit-quick program. It's a look at the things which have prevented you in the past from becoming the fit, active person you've always wanted to be, and a source of advice, inspiration and ideas to help you overcome those things this time around. Change your habits and attitude to exercise *for good*.

Too tired? Lacking motivation? Bored by exercise? You won't be after reading this book!

So what's *your* excuse?

"Joanne is a true inspiration! Her passion, commitment and no nonsense attitude never fails to motivate her clients to get moving and achieve their health and fitness goals"

Sarah Price, triathlete and five times Ironman finisher

Joanne Henson is a health, fitness and weight loss coach who helps her clients to get healthy and happy and *stay* healthy and happy. She overcame her own obstacles to get fit and she now inspires others to do the same.

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Jetta Butler:

In this 21st one hundred year, people become competitive in every way. By being competitive currently, people have do something to make all of them survives, being in the middle of often the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Sure, by reading a reserve your ability to survive raise then having chance to stay than other is high. In your case who want to start reading any book, we give you this particular What's Your Excuse for not Getting Fit? (What's Your Excuse?) book as starter and daily reading reserve. Why, because this book is more than just a book.

Gary Forsyth:

The actual book What's Your Excuse for not Getting Fit? (What's Your Excuse?) has a lot info on it. So when you make sure to read this book you can get a lot of help. The book was compiled by the very famous author. The writer makes some research before write this book. That book very easy to read you can get the point easily after reading this article book.

Robert Banks:

People live in this new morning of lifestyle always try and and must have the time or they will get lot of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, often the book you have read will be What's Your Excuse for not Getting Fit? (What's Your Excuse?).

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