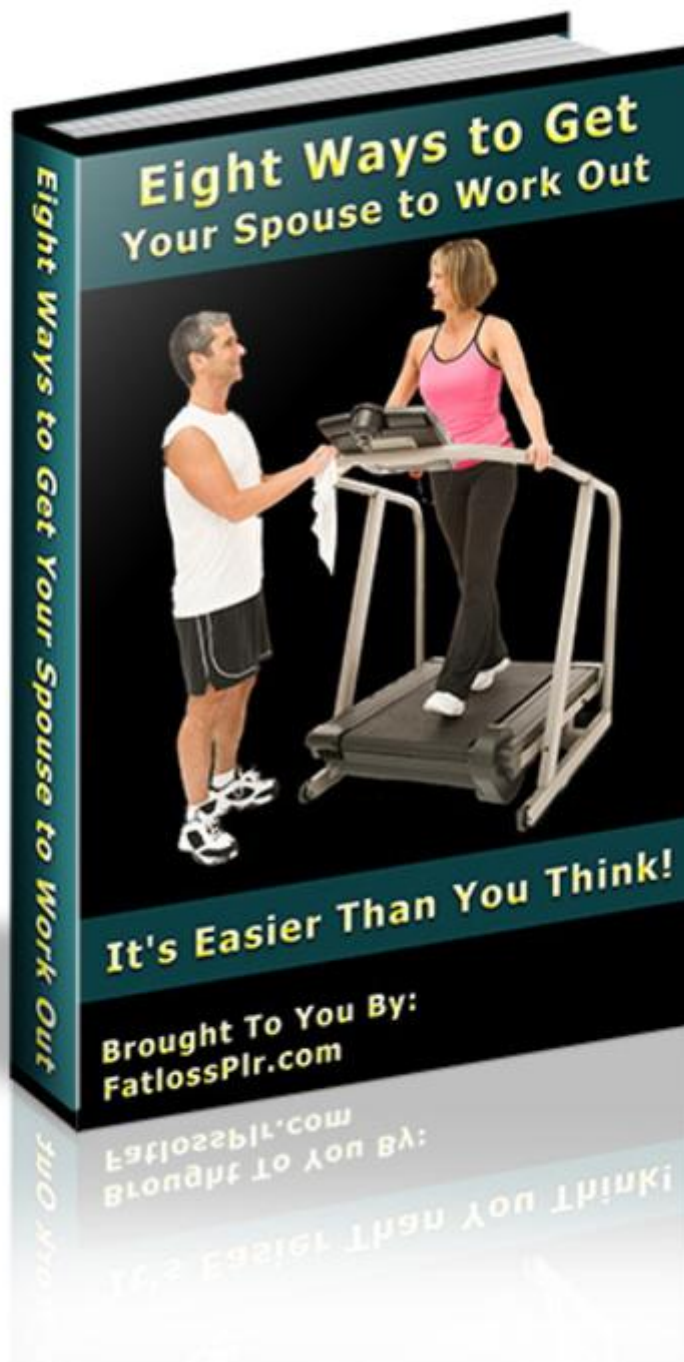


## Eight Ways To Get Your Spouse To Work Out - With PLR



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Purchase Private Label Rights to: Eight Ways To Get Your Spouse to Work Out! You will receive the main PLR Report in .DOC and .TXT formats. You will receive the graphics in .JPG and .PSD formats. Report Word Count is: 2,118 Words. Report Description: Lets face it, we want the person we married to be physically attractive. Chances are, they were fit (at least to us) when we married them. Why did that go

by the wayside? This report will tell you some simple ways you can go about getting your spouse to exercise without seeming like a worrisome nag. Table of Contents: Chapter 1: Be a Good Example Chapter 2: Be Subtle With Your Encouragement Chapter 3: Be Creative Chapter 4: Tell Them How You Feel Chapter 5: Ask Your Spouse For Help Chapter 6: Keep the Compliments Coming Chapter 7: Turn It Into a Competition Chapter 8: Learn To Accept It Chapter 9: The Benefits of Regular Exercise Here is a sample extract from my PLR report: -----xxxxxxxxxxxxxxxxxxxxx-----

If you need some added ammunition in your fight to get your spouse to start working out, lets take just a moment and review some of the reasons why exercise is so important. Lets start with the body. This is, after all, the most obvious benefit. Regular exercise helps us to keep off unwanted, unsightly pounds, and helps us to fit into those jeans that many of our friends couldnt wear to save their lives. Put another way: exercise simply helps us to look better. This may not be important to the 2 of people out there who put absolutely no value whatsoever on a persons physical appearance, but to the rest of the world, its quite enough reason. Of course, the other major reason is one of physical health. Study after study has proven that regular exercise is just what the body needs to stay fit and healthy. The human being has evolved over the years as an active beast. While modern times dictate that many of us spend most of our days in front of a computer and then much of our nights in front of a television, our bodies are far from adapting to this new lifestyle. This is why it is such an unhealthy way to live. Compound that fact with the many unhealthy, processed, fatty foods we intake on a regular basis, and its a recipe for health disaster. Exercise can stave off this process and get our bodies more in tune with what they were meant to be doing.

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