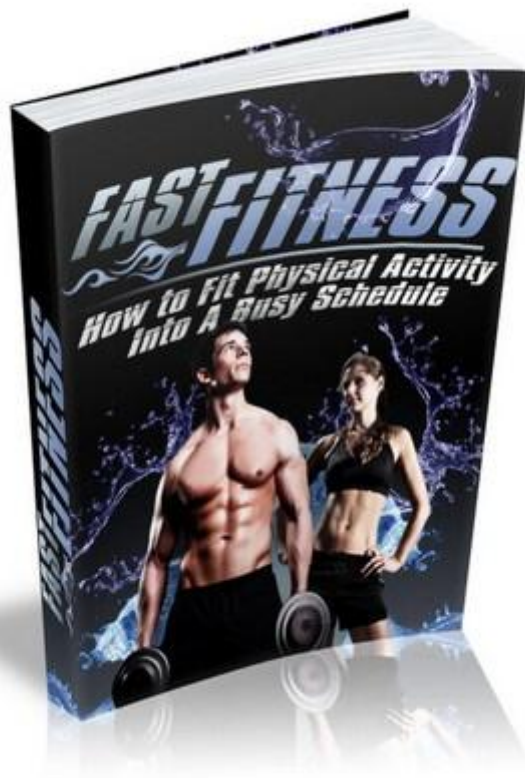


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Release Date - 2010 "Get In Shape, Stay Active, And Start Living A Healthy Life While Balancing Your Work, Home And Family Needs . . . If you have no time in your day . . . If you don't know the difference between a barbell and a cowbell . . . You can find a way to add simple, quick exercises to your daily regimens for a slimmer waistline, increased energy, and a happier life! It can be hard to get to the gym after a long day at work. Your family expects you back as soon as possible. You're pent up in a cubicle all day, never able to stretch. Or constantly leaving for business trips. Anyone who's ever been in your shoes knows it can be difficult to keep a regular workout routine. The truth is, you can get exercise without working out. You're about to discover :

- * A new way to look at how you treat and care for your body
- * 5 ways people end up looking older than they really are and how you can avoid it
- * 3 questions you must ask yourself to honestly judge how fit you are
- * The secret behind "slowly but surely" and how it can save the day for people on the go
- * 5 reasons you'll never regret getting in shape
- * The lowdown on HDL/LDL counts, your cholesterol, and the risks of being in the red zone
- * If you're a woman, exercise can be one of your greatest weapons against osteoporosis
- * How to prevent diabetes with exercise
- * How being

penny wise and pound foolish is a recipe for disaster. * 3 ways to manage your workout program like you would manage a project in your office * The secret to keeping up with your exercise routine when you start to get bored * An easy way for you to make the transition to workout king or queen * How to fit exercise routines into your work day * Keeping your blood flowing inside your cubicle * How to use your children to stay in shape * How a good set of "traveling shoes" can keep the constant flier in shape * 6 tips every traveler can use to stay in shape and keep your routine while away from home * 6 exercises to use whenever you find yourself stuck without a gym * 11 exercise tools you can take anywhere * Warning! Not all exercise products do what they say! Read this and save your cash for something that does work * How to use every exercise advantage possible while staying at hotels * An easy way to motivate yourself to walk * The secrets to eating for exercise success * 4 "fitness friendly" hotel chains you should be on the lookout for * And more . . . ===== What you can do: [YES] May sell at your own price [YES] May change the author's name [YES] May change, add, or remove content [YES] May use for article content [YES] May be converted into reports [YES] May be repackaged into multi-media products [YES] May be offered as a bonus with paid products [YES] May be sold as a private label rights product [YES] May be sold as a resale rights product [YES] May be sold as a master resale rights product What you cannot do: [NO] May give away for free [NO] May be included in free websites ===== what also comes with this is the following eBook Format - PDF, DOC (source) Number of Pages 21 (29 minute audio) psd files images download Graphics index PLR LICENSE -----

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