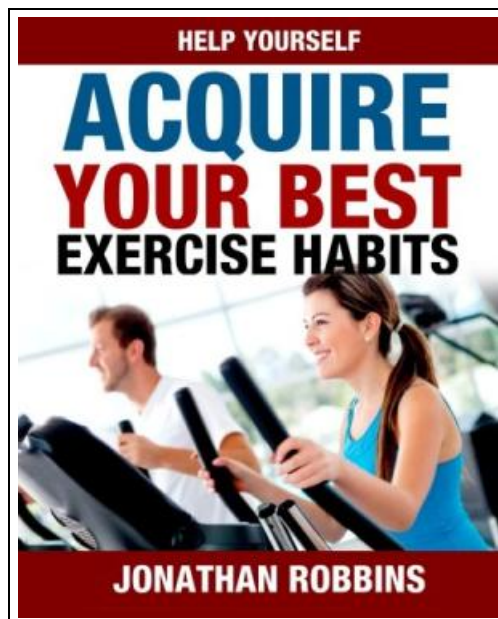


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We all know that exercise is good for us. We all know that exercise is an essential part of any fitness programme. So why do so many people struggle to go to the gym, take a walk or just move their bodies from the familiar perch in front of the TV or computer screen? The answer is simple, highly relevant and profound. The reason that so many people buy gym memberships and never show up to exercise is simply a question of habits. Making exercise a regular part of our lives when we re not used to doing it involves a change in our behaviour. Most of us have developed the habit of not exercising and the effort of changing the habit often defeats us before we even slip on those fancy new running shoes. What we need then is a new set of habits, a new way of feeling about our exercise needs. We need to turn that initial short-lived burst of enthusiasm to get into better shape into something that is completely sustainable. This is where Jonathan Robbins delivers the good news. It really is possible to develop changes in our habits and behaviours that will support any regular exercise programme and help us to become healthier, fitter, stronger, more resistant to disease and a lot happier with our physical condition. Good health is not an accident. It s a product of making the right lifestyle choices, of choosing the right kind of nutrition and moving our bodies the way that Nature intended. Describing the programme for acquiring great habits in a beautifully clear and easily absorbed style, Jonathan Robbins focuses on: -The commonest mistakes and errors that confound our...



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