The Great Big Fitness Quote Book: Over 365 Motivational Quotes to Get Back in Shape! (Paperback)



Filesize: 6.9 MB

Reviews

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book. (Ken Watsica)

THE GREAT BIG FITNESS QUOTE BOOK: OVER 365 MOTIVATIONAL QUOTES TO GET BACK IN SHAPE! (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.To All Personal Trainers, Training Clients, Crossfitters and more! Here s the perfect gift for a client or yourself! Finally, a book with a motivational fitness quote for every day of the year!!! quot; Getting fit is all about reaching for, achieving, and sustaining a commitment to take care of yourself for the rest of your life.quot; - Dara Torres (Olympic Gold Medalist) quot;Rather than finding reasons why something cannot be done, though you know it needs to be done, get on with doing it. See problems as challenges.quot; - Stuart McRobert (Fitness Writer) quot; I know a lot of people say: If I had the money then I d be able to achieve health, fitness, peace of mind and joy. I can t say it enough times: your health account and your bank account are synonymous.quot; - Jack LaLanne (Fitness Guru) For most of us, getting in shape is not easy. It involves a certain level of planning, discipline and most importantly motivation! Enter The Great Big Fitness Quote Book compiled by Cameron M. Clark. A book of over 365 inspirational quotes that actually apply to health, fitness, nutrition and well-being. Think about it that s a new motivational quote for EVERY DAY OF THE YEAR! Finally, a book that collects the inspirational words of many of the best and most successful coaches, trainers, athletes, martial artists and other accomplished individuals into one handy volume you can access at any time! Make NO mistake! This is not your run-of-the-mill book of inspirational quotes taken from a few different Internet websites and then collected into one volume. There are a ton of those for sale already. Instead,...

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