



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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Joanne Henson**

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Donald Chapin:

People live in this new morning of lifestyle always try to and must have the free time or they will get lots of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not a robot. Then we consult again, what kind of activity have you got when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading ebooks. It can be your alternative throughout spending your spare time, the book you have read is What's Your Excuse for not Getting Fit? (What's Your Excuse?).

Michael Vogel:

Do you have something that you prefer such as book? The book lovers usually prefer to decide on book like comic, brief story and the biggest you are novel. Now, why not seeking What's Your Excuse for not Getting Fit? (What's Your Excuse?) that give your enjoyment preference will be satisfied simply by reading this book. Reading practice all over the world can be said as the means for people to know world better then how they react to the world. It can't be said constantly that reading behavior only for the geeky individual but for all of you who wants to be success person. So , for every you who want to start examining as your good habit, you are able to pick What's Your Excuse for not Getting Fit? (What's Your Excuse?) become your personal starter.

Larry Luis:

As a pupil exactly feel bored in order to reading. If their teacher asked them to go to the library or make summary for some book, they are complained. Just small students that has reading's soul or real their interest. They just do what the educator want, like asked to go to the library. They go to generally there but nothing reading very seriously. Any students feel that studying is not important, boring and also can't see colorful images on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore , this What's Your Excuse for not Getting Fit? (What's Your Excuse?) can make you really feel more interested to read.

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