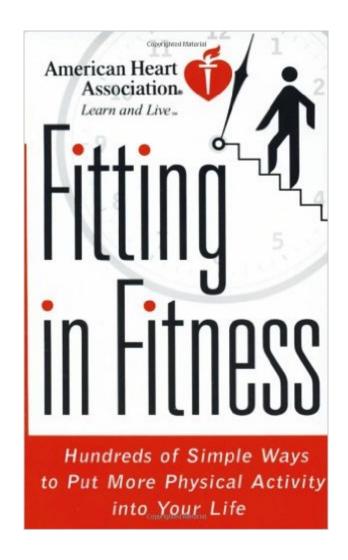
# The book was found

# American Heart Association Fitting In Fitness: Hundreds Of Simple Ways To Put More Physical Activity Into Your Life





# **Synopsis**

If you're like most people, your life is so hectic that it's hard to imagine squeezing in time for daily exercise. The good news is that you can get fit without an expensive gym membership or rigorous workout schedule. New research proves that you can "sneak up" on fitness by grabbing a little time here and there throughout the day so you total at least thirty minutes of moderate activity on most days. The American Heart Association's Fitting in Fitness guide will show you how to work spurts of activity into the way you live right now. Those few minutes can add up to huge rewards, including a stronger heart and bones, higher energy levels, better weight control, and more. You'll find hundreds of tips for fitting in fitness in this easy-to-use, inspiring guide. You'll even learn how to bring your kids into the act and have a lifestyle program that works for all of you.

# **Book Information**

Series: American Heart Association

Mass Market Paperback: 192 pages

Publisher: Harmony (January 21, 1997)

Language: English

ISBN-10: 081292911X

ISBN-13: 978-0812929119

Product Dimensions: 4.2 x 0.5 x 6.9 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.5 out of 5 stars Â See all reviews (2 customer reviews)

Best Sellers Rank: #1,972,879 in Books (See Top 100 in Books) #100 in Books > Health, Fitness

& Dieting > Diets & Weight Loss > American Heart Association #21999 in Books > Health,

Fitness & Dieting > Exercise & Fitness

## Customer Reviews

American Heart Association Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life (American Heart Association)I enjoyed this book because you do not have to read it front to back. You can skip around and get just the information that applies to you. Information boxes are used for quick tip ideas. The book provides great advice and suggestions for how to incorporate small changes in your daily routine to boost your fitness level. Common sense advice that you just haven't thought of yourself!

The book was easy to follow and helped me put more exercise in my life.

## Download to continue reading...

American Heart Association Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice A Girl's Guide to Fitting in Fitness Put Your Heart in Your Mouth: Natural Treatment for Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral Vascular Disease How to Survive Your In-Laws: Advice from Hundreds of Married Couples Who Did (Hundreds of Heads Survival Guides) Fitness: The Complete Guide, Official Text for Issa International Sports Science Association Certification Course for Fitness Trainers Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition... (Hardback) - Common American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Publication Manual of the American Psychological Association (Publication Manual of the American Psychological Association (Spiral) 6th (sixth) edition American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality American Bar Association Family Legal Guide (third edition): Everything your family needs to know about the law and real estate, consumer protection, ... Association Complete Personal Legal Guide) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training)