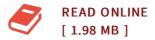




365 Ways to Get Fit: In Association with Sport England (Paperback)

By Sport England, Andrew Shields

PAVILION BOOKS, United Kingdom, 2008. Paperback. Book Condition: New. 176 x 130 mm. Language: English Brand New Book. 365 Ways to Get Fit is about building activity into your everyday life. It s fun and simple and it only takes 30 minutes a day to feel healthier and happier. You can get off the bus early, go for a short bike ride, do some gardening, climb the stairs or walk the dog. You ll be amazed how quickly a few small decisions add up to one big change for the better. This book offers you 365 ideas. It also explains why getting active is so important and how exercise contributes to our health and well being. There is a guide to cardiovascular fitness, strength, endurance and flexibility, safety and energy expenditure. It also offers information on nutrition and hydration and other key medical issues relating to fitness. The book is scattered with quizzes, questionnaires, charts, tips, case studies and quotes from world-class international athletes. It contains everything you need to know about how to sustain a more active lifestyle.



Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.

See Also



Boost Your Child's Creativity: Teach Yourself 2010 (Paperback)

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English. Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English. Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Creeper, Zombie, Skeleton and More Jokes for Kids (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 190 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****. Creeper, Zombie, Skeleton and More Jokes for Kids - stocking fillers for kids Awesome Joke Books for Kids - 101...



The Fire Children (Paperback)

Rebellion, United Kingdom, 2015. Paperback. Book Condition: New. Not for Online. 198 \times 130 mm. Language: English . Brand New Book. Fifteen years have passed since Mother Sun last sent her children to walk the world. When the eclipse comes, the people...



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Sing Song (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 150 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Alex Brychta (illustrator). 176 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling home reading series. It is based on...