



Fitness Book of Lists: Comprehensive Fitness and Wellness Guide for Virtual and Traditional Health (Paperback)

By Marc D Thompson

Virtufit Press, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate in Health and Wellness Information for a Powerful Mind, Body, and Spirit. A concise resource for creating personal physical, mental and spiritual wellness and fitness, The Fitness Book of Lists is the creation of certified personal trainer Marc D. Thompson. Thompson has spent the past twenty-five years carefully compiling the targeted information found in this fast-paced book. Straight and to the point, every page contains tried-and-true advice directly from Thompson's one-on-one experience with his clients as well as years of diligent research and academic endeavors into what's best for the body. Lists are the foundation for analysis and creativity. In this book, they provide a framework from which to create a healthy lifestyle based on the unique needs of each individual. Readers will find it easy to adapt these fundamentals to suit themselves personally and to their clientele in a healthy and meaningful way. Thompson says: Overall, my hope in putting these lists together is to make everyone who reads this book aware of the importance of variety in receiving maximum physical, mental and holistic benefits during each session, ensuring...



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