



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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Melvin Robinson:

Reading can called brain hangout, why? Because when you find yourself reading a book specially book entitled What's Your Excuse for not Getting Fit? (What's Your Excuse?) your brain will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely will end up your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation that will maybe you never get just before. The What's Your Excuse for not Getting Fit? (What's Your Excuse?) giving you another experience more than blown away the mind but also giving you useful information for your better life in this era. So now let us present to you the relaxing pattern is your body and mind will probably be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

Mildred Ralph:

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