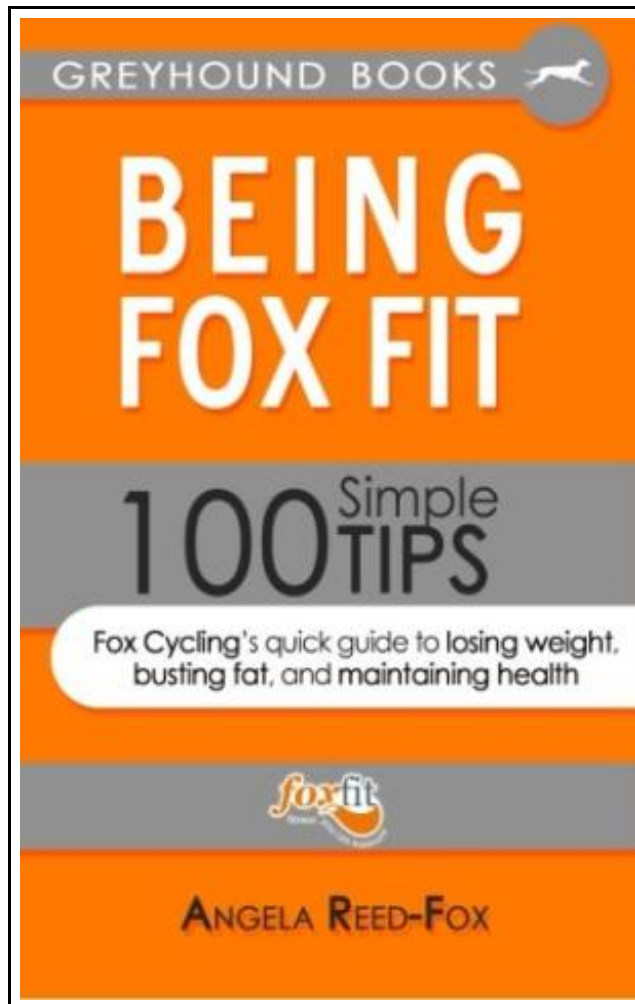


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The FoxFit programme was developed to help people to engage with their health in an informed and balanced way. The emphasis is on embracing life, rather than cutting out foods or activities; making manageable steps, rewarding frequently, and recognising positive and negative mindsets. Being FoxFit: 100 Simple Tips is a way for those who are new to FoxFit, or those wanting a few quick reminders of certain key points to have quick access to suggestions of changes that can be made, and the purposes behind them, to achieve better fitness, and maintain a good level of health. The key to be proficient in anything is knowledge, and therefore there are chapters scattered throughout the book explaining blood pressure, type 2 diabetes, cardiovascular risk, and other issues - as well as how to do the perfect push-up! This book is great for anyone who is tired of the yo-yo nature of dieting or health kicks. It s time to take a more mature approach, and quit mindsets and actions that aren t doing any good. It s time to move on, and this book gives pointers on how to do it.



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