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## Get Active Your Body Needs You!: Simple and Easy Step by Step Guide to Better Health and Fitness (Paperback)

By Bob Lloyd

Evolve Global Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you re inactive, chances are you re overweight, tired all the time, and in poor health. which puts you at risk of contracting cancer, diabetes, heart disease or high blood pressure. But the very thought of changing your lifestyle to become a more active person can be daunting, to say the least. Until now. Allow Bob Lloyd to show you how easy it can be. His simple, step-by-step guide will get you feeling fit, strong and energized in as little as three months with just 30 minutes a day. is all it takes! Get Active is an entertaining, eye-opening read. Bob s words of wisdom will cause you to reconsider all the pre-conceived notions you have about exercise and you ll find yourself re-evaluating, re-examining and re-thinking your life. Don t hesitate. This is the golden opportunity you ve been waiting for. Get ready to turn your life around with Get Active! About Bob The Boss Lloyd International #1 selling author Robert John Lloyd has always been passionate about sports and fitness. Growing up in Sydney, Australia, his interests included Rugby League,...



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