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# OFFICE FITNESS FIX: AN EASY 4-WEEK PLAN TO SLAM SELF-CARE INTO YOUR WORK LIFE



Lisa Zaski, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. As the Executive Director of a non-profit in Berkeley, California, Lisa Zaski sat for hours at her computer each workday, barely moving. How could this be healthy? The idea of getting up an hour early to work out never quite worked out, and the idea of exercising after work seemed impossible when family obligations (and fatigue) kicked...

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- Authored by Lisa Zaski
- Released at 2015



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