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The Great Big Fitness Quote Book: Over 365 Motivational Quotes to Get Back in Shape!

By Cameron M Clark

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Language: English . Brand New Book ***** Print on Demand

*****.To All Personal Trainers, Training Clients, Crossfitters and

more! Here s the perfect gift for a client or yourself! Finally, a book with a motivational fitness quote for every day of the year!!! quote;Getting fit is all about reaching for, achieving, and

sustaining a commitment to take care of yourself for the rest

of your life.quote; - Dara Torres (Olympic Gold Medalist)

quote;Rather than finding reasons why something cannot be

done, though you know it needs to be done, get on with doing

it. See problems as challenges.quote; - Stuart McRobert (Fitness

Writer) quote;I know a lot of people say: If I had the money then I

d be able to achieve health, fitness, peace of mind and joy. I

can t say it enough times: your health account and your bank

account are synonymous.quote; - Jack LaLanne (Fitness Guru)

For most of us, getting in shape is not easy. It involves a certain level of planning, discipline and most importantly motivation!

Enter The Great Big Fitness Quote Book compiled by Cameron

M. Clark. A...



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[7.38 MB]

Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and i suggested this book to find out.

-- **Elinore Vandervort**

If you need to adding benefit, a must buy book. I could possibly comprehend every little thing out of this composed e pdf. I am quickly could get a enjoyment of looking at a composed book.

-- **Mrs. Mariam Hartmann**