



No Gym Needed: The Beginners Guide to Easy At-Home, Low-Impact Workouts (Paperback)

By Lise Cartwright

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ditch The Gym! So the other day I was talking with my friend, Jenn. She was complaining about how she was SICK of all the stares she was getting at the gym while she was exercising, minding her own business. You see, Jenn has been grossly overweight most of her life. She suffers from diabetes and has ALWAYS struggled with her weight. She eats well but has always struggled with maintaining any sort of regular exercising, mainly because she hates the gym. When I told her about a system I d used to lose weight and get healthy WITHOUT the gym, she wanted in! Whether you re a diabetic woman, weight-challenged, or suffer from ongoing injuries, figuring out how to start exercising and keeping healthy can be hard, particularly if the gym just isn t your thing, like Jenn. How do you get started when you can t even do the exercises you ve been told to do BECAUSE they don t take into account your specific situation? In this hands-on, easy-to-follow book, I, Lise Cartwright, will show you how you...



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Reviews

Certainly, this is the very best work by any writer. It is loaded with knowledge and wisdom I am just quickly will get a satisfaction of reading through a created publication.

-- **Donavon Okuneva**

Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe.

-- **Natasha Rolfson**