



Fitness and Wellness: 20 Killer Physical Fitness and Wellness Secrets

Tiffany Richmond

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It is important to be fit, everyone knows that. Your physical fitness has a big impact upon how you feel about yourself, and how much effort your body has to expend in order to keep working. Lack of physical fitness has supposedly reached an epidemic proportion in America, though the truth is that Americans are obsessed with physical fitness, and TV doctors and celebrities alike make a fortune through selling fitness videos and books to the public. Unless you're planning to buy 'em all and use them as weights to lift up and down every day, none of these will ever do your physical fitness any good at all.

In this ebook learn everything there is to know about:

- Benefits of Boxing Training for Fitness
- Benefits of Resistance Training
- Benefits of Cardio Training
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