

High Fit Home



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著者:Joan Vos Macdonald

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Book Description

In today's increasingly health-conscious world, homeowners are paying more attention to creating spaces conducive to a fit lifestyle. The possibilities available go far beyond building a home gym that you may or may not ever use. Whether by grand

staircases for daily exercise or thoughtful floor plans to encourage walking or even cleverly incorporated climbing walls, indoor pools, or other sporting elements, your home can promote good health through its design. High Fit Home examines this phenomenon through fully illustrated profiles of over a dozen homes that architecturally create health-conscious environments.

Book Dimension :

length: (cm)26 width:(cm)28.5

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目录:

[High Fit Home_下载链接1](#)

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