

Fit for Life



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At last comes a book which stands out from the welter of fitness advice offered by improbably shaped models and musclemen. For Ranulph Fiennes, described by the GUINNESS BOOK OF RECORDS as 'the world's greatest living explorer', physical fitness is no fad: it has enabled him to withstand the rigours of desert and glacier alike. The book includes research into body types and environmental effects; advice on self-motivation, diet and basic food control and guidance on avoiding stress, illness and injury. Beginning with basic exercises designed to help you maintain a minimum level of fitness and progressing through to training regimes tailored to those who are aiming for greater heights in sport, adventure or everyday life, FIT FOR LIFE provides practical help and encouragement to take you as far as you wish to go.

作者介绍:

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