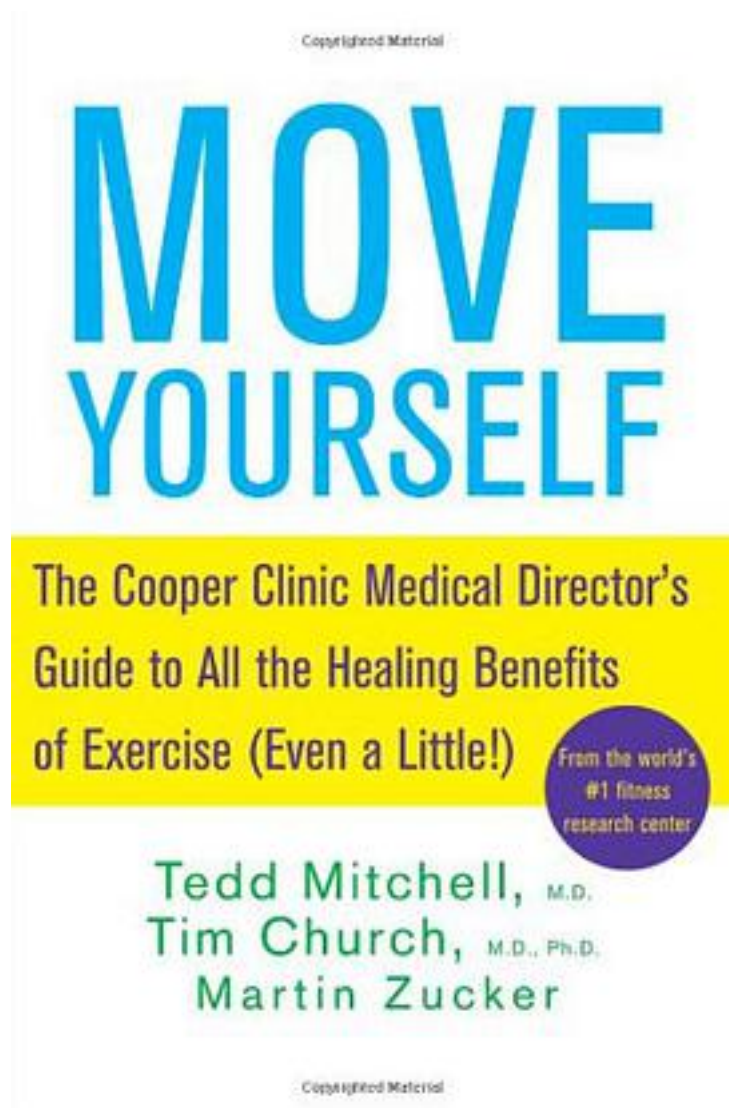


Move Yourself



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Praise for Move Yourself "Move Yourself is a timely and user-friendly guide to better health. I could go on, but it's time for me to get up and get moving!" --Tom Brokaw "The science is clear: staying healthy means moving our bodies more, choosing more of the right foods in the proper portions, and avoiding unsafe behaviors like smoking. In Move Yourself, you'll find the kind of sound advice and strong motivation you'd expect from an expert personal coach." --Richard H. Carmona, M.D., M.P.H., F.A.C.S., 17th Surgeon General of the United States and Vice Chairman of Canyon Ranch "Being fit has always been important in my career, both as a martial artist and as an actor. But what I learned long ago is that a physically active lifestyle also improves every aspect of living. The good news is that you don't have to train like an athlete to receive these tremendous benefits; you just have to make it a priority. In Move Yourself, Drs. Mitchell and Church explain just how easy it can be. With just a little commitment and a little know-how, you too can make yourself feel like a champ!" --Chuck Norris "As a former couch potato, I can attest to the incredible health benefits that come from physical activity. Move Yourself shows that you don't have to become a gym rat--here's everything you need to get moving at your own reasonable pace." --Jack Challem, author of Stop Prediabetes Now and The Food-Mood Solution Think you don't have the time--or the energy--to do what it takes to look and feel better? Now you can take control of your health and be happier and stronger--and you don't need to join a gym to do it! Move Yourself is the breakthrough program you've been waiting for. Based on cutting-edge research from the medical director of the world-renowned Cooper Clinic, this practical, easy-to-follow guide gives you the strategies and advice you need to improve your strength, flexibility, mood, weight, and overall health. All it takes is a few minutes of low-dose physical activity each day to start seeing results.

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