



How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise (Paperback)

By Martin Meadows

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How to Build Self-Discipline to Exercise: Discover Proven Strategies to Finally Get in Shape and Exercise on a Regular Basis for the Rest of Your Life Everywhere you go, you see gyms, videos, and books about exercise, advertising how they can help you get in shape fast and easy. You ve probably even put some money down before, vowing that THIS was the year you d get in shape, lose that extra weight, and become the energetic person you know is hiding inside you. Unfortunately, life happens, and you fall into the habit of I ll start tomorrow. Your motivation drops, and your self-discipline fails to push you through to achieve your goals. You begin to make excuses: you ll be really sore after working out, it s been too long since you ve last exercised, you don t have willpower, your friends and family tell you to be happy with how you are, you think you re too weak, inflexible or otherwise unfit for exercise, and many more. There was that one time you started a program, but you...

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