



## Stick with Exercise for a Lifetime: How to Enjoy Every Minute of It!

By Robert Hopper PhD

Createspace, United States, 2012. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.STICK WITH EXERCISE FOR A LIFETIME: HOW TO ENJOY EVERY MINUTE OF IT! offers new hope for the 7 out of 10 Americans who have tried and failed with an exercise program. Exercise physiologist and wellness expert Robert Hopper s step-by-step guide offers a refreshing new formula for succeeding with exercise for the long haul-and finding pleasure in the process! This groundbreaking book embraces a workout as your personal of choice of physical activity-anything from croquet, bowling, soccer, and golf to ping-pong, snowboarding, Zumba dancing, and more. In eight concise easy-to-follow chapters, Dr. Hopper shares the secrets of top athletes, including the Four Winning Techniques for overcoming challenges to your personal exercise plan and the Five Core Best Practices to keep you physically active and motivated for the long haul. STICK WITH EXERCISE empowers anyone-of any age and fitness ability-to discover and champion their inner athlete for a lifetime of health and vitality.



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