



Fitness Simplified: Smart Mantras to Staying Fit

By Sahaj Kumar Sah

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Fitness Simplified: Smart Mantras to Staying Fit, Sahaj Kumar Sah, This book brings an army man's expertise on physical fitness to the realm of the layman. It addresses the basic problems faced by every fitness aspirant: right breathing, right regimen, right food, right rest, and most of all, the will to continue. It shows that fitness is not all about weights and high protein diets, but about understanding one's own body and mind and bringing about an increased level of alertness and agility in a sustainable and enjoyable manner.



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