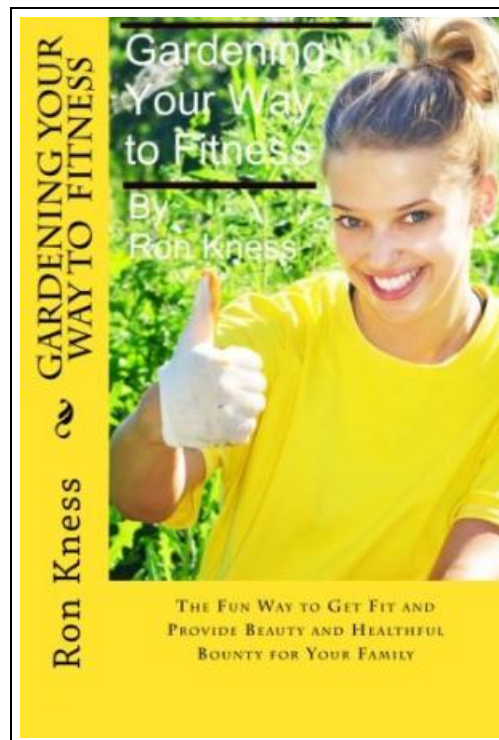


## Gardening Your Way to Fitness: The Fun Way to Get Fit and Provide Beauty and Healthful Bounty for Your Family (Paperback)



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## GARDENING YOUR WAY TO FITNESS: THE FUN WAY TO GET FIT AND PROVIDE BEAUTY AND HEALTHFUL BOUNTY FOR YOUR FAMILY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Isn t it time to get outdoors? The gym is a great place to stay fit during the colder seasons, but once the temperature turns warmer you want to spend more time outside. Plus, you ll have the benefit of fresh wholesome produce to enjoy by growing vegetables in your backyard garden. Does this sound like your situation? -You sit for hours at a desk at work. -The hum of the overhead lights is a constant reminder you never go outdoors. -Often you skip workouts because you want to spend the time with your family. -Everyone in the family is overweight. -You worry about declining health and are on edge and anxious. -You know exercise would help, but you just don t have the energy or motivation. Does it seem as if your destiny to live constantly indoors breathing recycled air under artificial lights? Why not combine fitness and gardening to accomplish your healthy lifestyle goals? Working in the garden provides a well-rounded workout. Think about all you accomplish with a workout in the garden: - Gardening tasks improve your endurance, flexibility and strength. -The food you grow is fresh providing wholesome nutrition for the family. -Your family learns the process of planting, nurturing and harvesting the food they eat. -A 30 minute garden workout burns more calories than 30 minutes running. -Everyone enjoys the satisfaction of participating in a project from start to finish. People are turning to hobby gardening as a way to burn off stress while getting back in touch with the basics of living. They also find that gardening tasks like raking, hoeing and digging is very slimming! But there are benefits beyond burning calories and firming...



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