



Le basi del fitness (Italian Edition)

Andrea Palvarini

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Questo ebook ha lo scopo di fornirti delle linee guida utili per attuare un cambiamento nella tua vita.

Imparerai a conoscere, nel corso della lettura, quali sono le aree su cui lavorare e che puoi modificare, per migliorarti e avvicinarti sempre di più a uno stile di vita incentrato sul fitness e sul benessere.

La salute, infatti, non è altro che un processo di adattamento consapevole e, soprattutto, attivo: Non puoi pensare di riuscire a risolvere un problema di qualsiasi natura esso sia, senza che questo comporti una benché minima azione da parte tua.

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