



## Work Out Without Working Out: A guide to adding movement to your day.

*Dorothy Haraminac*

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# Work Out Without Working Out: A guide to adding movement to your day.

*Dorothy Haraminac*

**Work Out Without Working Out: A guide to adding movement to your day.** Dorothy Haraminac

This book is a new kind of fitness. It is a list of exercises organized by room that will teach you how to incorporate an entire workout into your everyday movements. Keep your me time for yourself and make all your movements count. By incorporating stretches and strength training into your everyday movements, you increase your awareness about your own body. You will gain a better sense of what muscles you have and how to keep them. You will also start making better decisions about the type and quantity of food you consume, almost unconsciously. This guide will help you become more aware of the muscles in your body and how your daily movements can help you.

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