



Exercise? But I Don't Want To!: The Motivated Mover Method for Women

Cathy Dean

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What keeps a woman consistently exercising even when she doesn't feel like it? What keeps her going when she's upset, busy or feeling low-energy? Exercise? But I Don't Want to!: The Motivated Mover Method for Women is a lighthearted take on a pain-in-the-behind subject: how do real women MAINTAIN their fitness momentum? Approximately 40% of women are trying to lose weight at a given time. However, most weight loss programs have a fitness component that only inspires short-term motivation. This fitness method is not a trend. It focuses on helping readers develop a lifetime of fitness. Readers are given valuable tips for choosing the right exercises and maintaining a consistent exercise routine. This book is about action and experiencing exercise. Readers fill out quizzes and worksheets, and complete tasks in small, easy-to-accomplish steps for quick wins. Exercise? But I Don't Want to! is the answer the fitness industry has been looking for: a gentle lifetime perspective for maintaining fitness.

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