

10 Tips

For Better Fitness

01 **Micro workouts** count

02 **Plans** work well for motivation

03 Knowing **basic moves** is really all you need

04 You can accomplish a lot in **30 minutes**

05 The best workout is the one you **enjoy**

06 **Weight loss** will happen slowly

07 You can't go wrong by **moving**

08 **Fueling** workouts is important

09 Yoga is harder (and **more effective**) than you think

10 The key is to keep **coming back**

Health Fitness Guide To A Life Style

Hussin A.Rothana



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