



# **Fitness Inspiration: With 100 Tips for Men and Women**

*Jessie Weiss*

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Fitness means staying fit. Staying fit requires nothing from your part. If you live a healthy life than staying fit is your first nature. People are naturally healthy and fit. It is not in the nature of a human to be unhealthy or unfit unless you do something seriously wrong with yourself. Many people do. And although they want to get back into the fit pose, they seem to lack inspiration. Why? Because they think they have to do something about it. But in reality, you do not need to. You only need to switch from your current way of life onto the natural way of life. That does not include eating less, but it just might mean to move more.

You need to drink plenty of water, sleep at least 8 hours a day and go to bed early and avoid stressful situations. That might also include quitting your job and making money without being someone's employee. If you think that going to the fitness every day for one hour will do the work you are wrong. This might contribute a bit to your posture, but in reality what you really need to do is correct your entire way of living and you will see that going to fitness might not even be necessary at all in order to get healthy and fit looks.

If you need fitness inspiration than 100 fitness tips in this book will give you all the tips you need to live a more fulfilling life. But know that I will give you tips to lead your entire life in a more natural way and not how to do push-ups or lift weights. I hope these tips will enrich you with knowledge so that you get the better picture of what staying fit and being fit really means. What you really, really need to do is get out of your current lifestyle of wrongful sleeping, eating, drinking and thinking and that actually requires nothing but your decision to do it, which you can accomplish today and lead a different life from this moment on. Your body is a representation of your inner picture of your thinking and your way of living. It is following your way and respond to your lifestyle. But on top of all that, in order to get more strength, leaner body and more muscles, you still need to apply some fitness training to your life, which isn't nothing hard to do.

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