

Title:

Beat the Clock to Get Fit

Word Count:

332

Summary:

Not enough time is the number one excuse for not exercising. But, when you get fit ... you find

Keywords:

time, get fit, exercise, stress

Article Body:

There's not enough time! There are only 24 hours in the day!

Not having enough time ... it's the #1 excuse for not exercising. Deadlines at work, appointments

Well ... it should be. Make it one of the important activities of your day ... make it a deadline

~ Exercise for Success ~

When you're under pressure ... it's easy to make excuses and not exercise. You're tired, you can't

You see ... when you don't exercise, you get out of shape ... when you're out of shape, you can't

Exercise can contribute to your success ... it can help you meet those deadlines ... be ready

Getting more exercise will help you lose that tired feeling. When you get your body moving ...

~ Wake Up the Little Grey Cells ~

Even if you only go for a brisk walk ... this great exercise will shed some stress and sharpen

Yes ... exercise pays off. Not just in fitness, but in a mind and body that function better and

Still think you don't have enough time to exercise?

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