

Title:

How To Stop Being The Average American!

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Summary:

Break Out of Your Box!

The average American lifestyle goes something like this: We drive to work in a box, we sit for

Some may ...

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health, exercise, kettlebells, chiropractic, sports, doctor, dc, rkc

Article Body:

Break Out of Your Box!

The average American lifestyle goes something like this: We drive to work in a box, we sit for

Some may try to vary the routine or change their state of mind by drinking an alcoholic beverage

Oh I have had my own moments of being fat, exhausted, or depressed. At times I would be out of

Not Your Average Exercise

There is no other exercise out there that tones your body like kettlebells do. They provide a

I tried the gym, but I didn't find what I was looking for. The treadmill did nothing for me and

I started working with the kettlebell in November and by December my back pain was gone and I

Results in the Real World

Tiffany is my 20-year-old receptionist and is very fit. She usually goes to the gym five nights

Putting a load on your muscles over time builds stamina and endurance. The body is now able to

I have a woman in my class in her early 60's named Connie. She has never been able to do a sit

A Meditative Workout

As demanding as it may be, a kettlebell workout has a meditative quality to it, allowing the m

Are Kettlebells For You?

You may be wondering if kettlebells can work for you. Start by thinking about exercise program

1. They are easy to use. You don't have to add weight onto a machine or change elastic bands.
2. They can be used anywhere. Kettlebell exercise requires very little space. I started working
3. They are effective. You will work on your cardio, strength, and flexibility in just 15-20 m
4. They are challenging and fun. People stop going to the gym because it gets old. I usually w
5. They will strengthen your weak or strained areas. I'm a Chiropractor, and recognize that ke

6. They will save you money. I'm not talking about the price of the kettlebell. I am talking a
7. They will help you break out of the box! They will prevent you from being a typical American

The Power to Break Out of Your Box

How can kettlebells change your life? They will give you power. Physically you will be stronger

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