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QUICK HIP MOBILITY

ROUTINE



Shape Up Your Hips In 10 Minutes A Day

Anita Columbu, Franco Columbu



Shape Up Your Hips In 10 Minutes A Day:

The Businessman's Minutes-a-Day Guide to Shaping Up Dr. Franco Columbu, 2017-09-30 The ladder to success is a lot easier to climb without the excess baggage of flabby arms chests and waist Furthermore the increased stress that arises from increasing business responsibilities can be more readily overcome by a man who is in peak shape than one who isn't Just as hard work in the business world can be its own reward so is working out In fact shaping up not only ensures robust health and a longer life but it improves a man's ability to bring about and enjoy business success by looking good feeling good and making good impressions on business colleagues The Businessman's Minutes a Day Guide To Shaping Up is more than another book of exercise and diet tips It addresses the problems a businessman faces in finding time to exercise in setting goals for training and in changing eating habits that make gaining or losing weight difficult The Businessman's Minutes a Day Guide To Shaping Up includes exercise programs developed for a variety of needs and body structures knowledgeable recommendations on training equipment and on training at home at a gym or on the road training programs for improved sports performance expert advice on the prevention and treatment of training injuries jet lag stress and anxiety and even eye strain a primer on the basics of nutrition proper food combining and vitamin and mineral supplementation an account of one businessman's training under Dr Columbu's direction that provides valuable insights on sticking to a training program managing time and setting goals National Union Catalog, 1980, 1981 **Library of Congress Name Headings with References** Library of Congress, 1981 *Mindfulness for Beginners in 10 Minutes a Day* Lara Hocheiser, 2021-05-11 Find peace and ease stress at any time of day with 10 minute mindfulness Whether you're having a hectic morning a nonstop day or a busy evening this guide to mindfulness for beginners shows you how to take a break and shift to a more peaceful mindset No matter your experience level the simple practices in this book can help you find calm focus reconnect with your emotions or respond to challenging situations as they arise Mindfulness for Beginners in 10 Minutes a Day includes Bite sized exercises Learn exercises that you can do in 10 minutes or less like breathing techniques meditations journaling and yoga poses Guided practices Explore mindfulness step by step by setting intentions breathing slowly walking mindfully releasing tension savoring food and much more All day mindfulness Begin your morning in peace end your evening with joy or recenter yourself any time with this guide to mindfulness for beginners Gain clarity and reduce stress during your busy day with the simple exercises in Mindfulness for Beginners in 10 Minutes a Day National Union Catalog, Includes entries for maps and atlases **Ebony**, 1974-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **10 Minute Total Shape-up** Ann Dugan, 1980 **Stay in Shape During Pregnancy and After** Anita Columbu, Franco Columbu, 1980 *Subject Catalog* Library of Congress, 1980 *Ebony*, 1974-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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