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J. R. Moronta Galán

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It is often difficult to maintain physical activity adequate, especially if we are forced to keep pace sedentary life with endless days of I work at the office. Little tricks like using the stairs whenever we can , park your car a little farther from home or work to walk a bit , try to go to the sites on foot or similar , will help you improve your physical fitness. But , why not use the time we spent sitting to get a little fitter ? . In this book I'll show you 15 simple and discreet exercises that can make sitting in your office chair , at any time and without having to spend a lot of time . You being a bit steady , you will be surprised of the results you get dedicating just 10 minutes day.

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