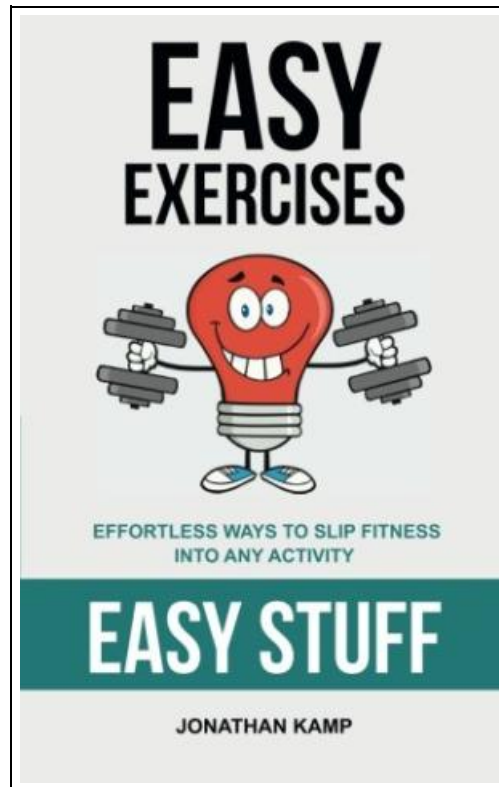


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Reviews

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iUniverse. Paperback. Condition: New. 78 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Easy Exercises is a small but powerful book - available in paperback and Kindle Edition - that explains how to sneak exercise into your everyday routine for seemingly effortless fitness. It is the original easy exercises book, as it dates to methods Jon Kamp developed in the 80s and 90s to stay fit with a heavy field schedule (Kamp used to be in the Army). The techniques offer the absolute least intimidating exercise techniques known to mankind - because they're easy! - and still in use today by the author at 52 years old. The book was essentially written for people who make New Years resolutions to start jogging or to get fit quick - and then quit. It is also for people who think they have no time to exercise, which is a bunch of baloney - because the book tells you how to do two things at once. The book also talks about doing wild and crazy things like parking your car, truck or motorcycle in a safe place - to walk or bicycle home along a similarly safe route - specifically to force yourself to exercise. It also covers disguising exercise so you don't realize you are exercising, as well as distracting yourself to the point that you don't notice that you're exercising. It includes a recommendation to maybe take some time off from work to exercise - a sort of fitness sabbatical, aye. And offers at least one solution for exercise naysayers; for example, is there someone in your life who you suspect is holding you back because they don't like to exercise, and prefer that you do the same (not exercise). Stretching is extremely important while exercising, so much so, according to the author...



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