



## Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes a Day for a Healthier Body, Mind and Spirit (Paperback)

By Dai Manuel

Lifetree Media, Canada, 2016. Paperback. Book Condition: New. 226 x 190 mm. Language: English . Brand New Book. Lifestyle mentor and fitness coach Dai Manuel's Whole Life Fitness Manifesto is a new kind of fitness book. It's not just about physical health but whole-life fitness that blends mindfulness and personal development with equipment-free workouts. This sustainable lifestyle extends beyond the book, allowing Whole-Lifers to connect with like-minded people in a supportive online community. The Whole Life Fitness Manifesto provides the tools you need to create a FUN-ctionally fit lifestyle at any age or level of ability, in 30 minutes a day. The Whole Life Fitness Power 30 program consists of: 15-minute equipment-free workouts that you can do anywhere Worksheets and diary pages to help you track your progress Photo-illustrated breakdown of more than 30 exercises Mindfulness and meditation tips Customizable workout plans Expert nutritional advice Personal development prompts An opportunity to access a thriving online community join the tribe! Learn how to re-program your body, make better choices, release excess weight, and become stronger, healthier and happier for the rest of your life. Join the thousands of men and women whose lives have been transformed by Dai s...



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