



What's Your Excuse for not Getting Fit? (What's Your Excuse?)

Joanne Henson

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Overcome your excuses and get active, healthy and happy

Do you want to be fit, lean and healthy, but find that all too often life gets in the way? Do you own a gym membership you don't use, or take up running every January only to give up in February? Then this is the book for you.

This is not yet another get-fit-quick program. It's a look at the things which have prevented you in the past from becoming the fit, active person you've always wanted to be, and a source of advice, inspiration and ideas to help you overcome those things this time around. Change your habits and attitude to exercise *for good*.

Too tired? Lacking motivation? Bored by exercise? You won't be after reading this book!

So what's *your* excuse?

"Joanne is a true inspiration! Her passion, commitment and no nonsense attitude never fails to motivate her clients to get moving and achieve their health and fitness goals"

Sarah Price, triathlete and five times Ironman finisher

Joanne Henson is a health, fitness and weight loss coach who helps her clients to get healthy and happy and *stay* healthy and happy. She overcame her own obstacles to get fit and she now inspires others to do the same.

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Will Guertin:

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Lisa Maurer:

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Thomas Brown:

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