

FITNESS PSYCHOLOGY



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Foreword

When it comes to fitness, you don't need to be a runner or aspire to be an athlete to start improving your overall fitness condition. If you want to be physically fit, you need full determination and focus on what you want to achieve in order for you to be successful. Get all the info you need here.

Fitness Psychology

Chapter 1:

Introduction to Fitness

Synopsis

With the alarming rates of diseases that affect people nowadays, it is important for people to consider improving their physical fitness.

Unfortunately, with the wide variety of foods that surround the market at present, it can be challenging for some to avoid or neglect their cravings on their favorite foods.

However, what they don't know is that not all foods are healthy for improving one's fitness. Some of them can cause health risks, which are not a good thing most particularly if you aim to be physically fit. That is why it is wise for everyone to choose healthy foods wisely.

The Basics

If you have decided to take up exercising to improve your fitness, well, congratulations! It is because empowering your fitness is the most vital step that will lead you to the “new” you! Now, the only thing that you should do is to stick with your plan and learn the basics of fitness.

There are various reasons why some people decide to incorporate physical fitness in their lives. Whether you are aiming to lose your weight, gain size or enhance your well-being, empowering your fitness can be the key for a healthier living.

The basics of fitness revolve around improving your nutrition and doing exercises. In order for you to achieve success in improving your

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