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Book information

Authors: Ben Baak
Title: Du kannst dich mal... gesund bewegen!
Subtitle: You can... move yourself healthy! Impulses for simple and effective activities in everyday life

Short text:

Exercise is healthy. But does that sufficiently describe the positive effects of exercise on health? Certainly not. Nor is this bold statement enough to encourage more people to adopt a more active lifestyle. So, what ensures that people make this decisive contribution to their happiness and quality of life? In this book, Ben Baak shows the impressive effect of exercise on the various areas of the body and at the same time demonstrates how exercise can become a permanent companion in life with ease and great enthusiasm. Sports fans are given useful tips on how to use little tricks to boost their energy levels. This book is designed to promote exercise in a simple and clear way. It is intended to help improve the connection between body and mind and ensure that exercise is a daily form of self-esteem – and that people experience the positive effects of exercise with all their senses. The motto is: Power of movement, make more movement! Knowledge, awareness, and steps toward clear action are an invitation to shape the reader's lifestyle in favor of the healthy all-rounder, the miracle pill, and the side effect-free medicine cabinet. Exercise – it is fun and brings about changes that are essential for a happier and more successful life. "If you want to make a difference in life, the best place to start is with yourself."

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