



Efficiency Fitness: Fitness for Busy People

By Kathryn Daley

Tate Publishing Enterprises, United States, 2010. Paperback. Book Condition: New. 206 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Efficiency Fitness is not just another exercise book! This is a complete handbook on how to live a fit lifestyle while juggling a career, family, and shifting priorities throughout your life! Efficiency Fitness: Fitness for Busy People provides easy solutions for you. There is a full body exercise routine that can be performed right at home, as well as a simple eating plan that even includes a grocery list! Author and former athlete Kathryn A. Daley has come up with a plan that will work for any level of fitness, from the beginner to the advanced individual. Using her own incredible workout, Kathryn managed to stay fit after having her first child at the age of forty-one and she's a single mom with a full-time professional career! With two dumbbells and a pair of tennis shoes, Efficiency Fitness consolidates a power-packed, easy-to-follow workout and healthy lifestyle program that will accommodate the most demanding schedule.

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