



# **American Heart Association Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life**

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If you're like most people, your life is so hectic that it's hard to imagine squeezing in time for daily exercise. The good news is that you can get fit without an expensive gym membership or rigorous workout schedule. New research proves that you can "sneak up" on fitness by grabbing a little time here and there throughout the day so you *total* at least thirty minutes of moderate activity on most days. The American Heart Association's **Fitting in Fitness** guide will show you how to work spurts of activity into the way you live right now. Those few minutes can add up to huge rewards, including a stronger heart and bones, higher energy levels, better weight control, and more.

You'll find hundreds of tips for fitting in fitness in this easy-to-use, inspiring guide. You'll even learn how to bring your kids into the act and have a lifestyle program that works for all of you.

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