

Fitness & Health for the Busy Professional: Tips from Professionals for Professionals

Troy A. Bonar



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Fitness & Health for the Busy Professional: Tips from Professionals for Professionals Troy A. Bonar Time is money is the phrase we hear, but time is your health. Busy people have a difficult time balancing work, family and fitness. We tend to dedicate so much to our career and to others that we often times don't focus on our own health. This book is a guide for the busy person. It is written in an easy read/ quick read format and is full of great tips and tactics to get fit and healthy when your lifestyle is full of travel, hotels, office time, and a busy household. Master Troy takes a difficult concern that we all have and gives us simple resources to solve our health and fitness issues. This book is full of wonderful comments and tips from many professionals on how they handle fitness with their busy life, and also features great resources to save you time and get you fit and healthy. This resource is designed for you, by people just like you who don't have a lot of "Extra" time in their day.

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