



Are You a Gym Mouse?: Get Over Your Fears of the Gym, Take Charge of Your Lifestyle and Become a More Confident, Healthier You (Gym Mouse Guide Book 1)

Agi Kadar

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Are you a Gym Mouse? Not a Gym Rat?

Are you intimidated working out in the gym? Are you concerned about being able to do the classes? Are you unsure of what to do? Do you want to improve your health? Do you find excuses why you can't exercise?

Then you are a Gym Mouse,

A Gym Mouse is a very capable person, who wants to work out and get in shape, but who is confused and perhaps nervous, and not sure what to do in the gym. When a Gym Mouse joins a gym, he or she tends to hide on the treadmill or on the elliptical machine, and not do much else. The Gym Mouse gets easily discouraged and disappointed by the lack of results, and leaves the fitness center.

This easy-to-read book will show you that it is okay to be a Gym Mouse. It will help you to turn all your excuses into motivation and will help you get started. Your life depends on it!

In my 16 years working in the same gym as a personal trainer and manager, I have seen hundreds of people coming in and looking for solutions, but too scared to follow through and stick with it. I will give you all the information you need to feel comfortable in a fitness facility, overcome your fears and start on your health and fitness journey. You don't have to be a Gym Rat to get stronger and healthier and have fun in the gym.

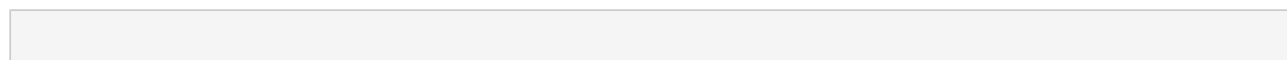
You will learn:


- * How to find the best fitness facility for your needs.
- * How to get started and how to get the most out of your gym membership.
- * How to defeat your fears and find your motivation to exercise.
- * Which are the best exercises for you and how to do them correctly.
- * How to change your life, have more energy, endurance, strength and confidence.
- * How to prevent, manage or reverse health challenges.

The purpose of this book to reach more of you out there and help you get into a fitness routine. You have the power to improve your health and longevity by making choices that support a healthier lifestyle. Overcoming your fears now is easier than overcoming illness later. If you already have an illness, let's overcome both and make your life better!

Follow the advice in this book and you will be looking forward to your workout time, feel better about yourself and see your goals realized.

Read the book and change your life! The sooner you read it, the sooner you'll see results, feel the benefits and become a healthier, stronger, and more confident Gym Mouse! Let's get started!



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Aracely Schneider:

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Sonia Cote:

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