



Why You Should Avoid Exercise (Delivered Online Guides)

Russell Eaton

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Exercise oxidizes and ages the body before its time, causing a multitude of illnesses and chronic bad health. You simply don't need to exercise to stay physically fit, healthy, and slim. If you already do regular exercise that makes you breathless and/or sweaty, you will discover that within days of switching to physical activity you will feel like a new person, full of energy and well-being. You will feel better physically and emotionally, and after reading this book, you will wonder why on earth you ever did exercise.

If you are a true couch potato and you never even go for a walk, you will know that your health is suffering. You will know that your muscles are not as firm as they could be and you will know that you are overweight. The solution is simple (and will please you): become physically active but stay away from exercise. Build physical activity into everything you do and make a point of going for a long walk every day. As you become more physically active (but without doing exercise) you will feel invigorated, your health will improve dramatically and your life will change for the better.

The latest research is clearly showing that exercise shortens life expectancy, is bad for health in general, and causes a host of problems, such as osteoarthritis, osteoporosis, diabetes, heart disease, premature aging of the body, and weaker bones to name just a few of the issues. Furthermore, exercise is revealed as a major cause of cancer.

'Why You Should Avoid Exercise' is completely up to date (new edition November, 2015) and explains in detail why exercise is so bad for health and in particular how it makes you fat. The book is fully referenced leaving in you in no doubt that if you want to protect your health and stay slim you need to switch from exercise to physical activity.

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