

## The Lazy Person's Guide to Fitness: Or "I Get All the Exercise I Need Walking Around the Office"

Charles Swencionis, E. Davis Ryan

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### The Lazy Person's Guide to Fitness: Or "I Get All the **Exercise I Need Walking Around the Office**"

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A guide for unmotivated exercisers presents a program that builds up from one minute-per-day exercises to easy isotonic and aerobic workouts, combining humorous tips with a fun and effective fitness plan. Reprint. NYT.



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