



War on My Belly: How to Work Out a Workout While Working (Paperback)

By David Chen, Nora Mousas

D7 Business Consulting, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.David Chen and Nora Mousas work just like you-so they know how hard it is to stay healthy when you re putting in forty, fifty or sixty hours a week. In this guidebook to staying fit in the workplace, they share tips on staying healthy while earning the money you need to survive-and not by quitting your job to work at a gym! The most critical thing you can do is to simply stand up at work. It s much easier to be a standian than a vegetarian, and it will provide you with immediate returns. The authors also make the case that companies should promote ways to incorporate exercise into the workday as it wouldnt t just help employees be healthy (and more productive), but it would also lessen health care costs. Whether you re a manager or rank-and-file employee, you ll learn easy and practical ways to make exercise a routine part of your day. Stay healthy and happy with the easy-to-apply advice in War on My Belly.

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