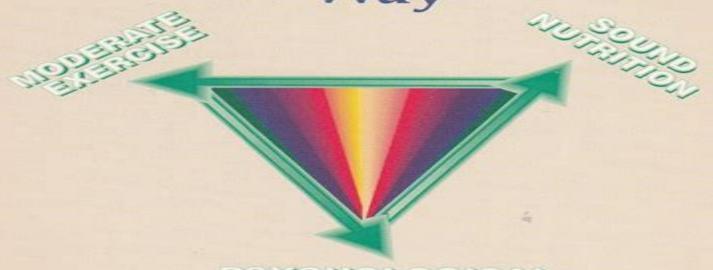
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Dynamic Gardening Way



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A Health and Wellness Lifestyle

by Jeffrey P. Restuccio

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Get Fit Through Gardening Jeffrey P. Restuccio, 2008-03-11 Get Fit Through Gardening A Fun Program to Get Your Body Fit Your Food Fresh and Your Mind Calm A new approach to gardening that shows how gardeners can get the maximum amount of health benefits from planting and tending to their garden Gardening is traditionally thought of as a gentle hobby suited for the weekend not as exercise It s time to turn over a new leaf with Get Fit Through Gardening Thousands of gardeners worldwide will benefit from this unique exercise program that will emphasize strengthening their backs and knees to prevent injury It also introduces this novel approach to fitness enthusiasts everywhere suggesting that the way to fitness may just be a Saturday afternoon spent weeding and raking Get Fit Through Gardening is completely different than traditional gardening It s all about the gardener s needs health and muscles not the needs of the plants What you grow becomes secondary to how you grow and the focus is on getting the maximum amount of health benefits as possible from your exercising Inside you Il learn how to turn your garden into your own personal fitness center properly assume one of eight stances to protect your back and knees stretch properly before and after your gardening exercise alternate hands and tools to get a complete body workout in 30 minutes a day 3 times a week You can grow vegetables or flowers or just use the techniques inside to monitor your perfect lawn Either way it s up to you to reap what you sow a fit and healthy body

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