

# **FITNESS**

the  
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Way

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PSYCHOLOGICAL  
WELL-BEING

**A Health and Wellness Lifestyle**

by  
**Jeffrey P. Restuccio**

# Fitneb The Dynamic Gardening Way A Health And Wellneb Lifestyle

**Helen Philbrick**



## **Fitneb The Dynamic Gardening Way A Health And Wellneb Lifestyle:**

**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 ll 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

**Gardening for Health and Nutrition** John Philbrick, John H. Philbrick, 1973-02-01      **The Wellness Garden** Shawna Coronado, 2017-12-04 Don t sacrifice your garden or green space because you suffer from chronic pain health issues or other ailments The Wellness Garden is your guide If you love to garden but also worry about the physical strain or if you are in search of ways to promote a healthier lifestyle and even combat specific chronic health issues then noted garden author and speaker Shawna Coronado has good news for you You can stay active fight chronic pain and keep the garden you ve worked so hard to cultivate In The Wellness Garden her new book from Cool Springs Press Shawna details exactly how she has learned to use her garden as a key tool in her battle with osteoarthritis and other chronic pain issues In this inspiring but highly practical book you will learn from Shawna s life changing garden experience and see how you can create your own Wellness Garden and gain the healthier lifestyle you desire and deserve      **Gardening for Health & Nutrition** Helen Philbrick, 1971      **Gardening for Health and Nutrition** John H. Philbrick, 1963      [Organic Gardening for Health and Nutrition](#) John H. Philbrick, Helen Philbrick, 1971      [Gardening for Health](#) John H. Philbrick, Helen Louise Porter Philbrick, 1963

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