

Be Active

by Antonio Casimiro



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BODY AND MIND IN MOVEMENT

BY ANTONIO CASIMIRO

167 pages

Health - Personal Development

- The keys to physical and emotional well-being.
- The author has been a personal trainer for top sports stars.
- It will be impossible not to practise sport after reading this book.

SYNOPSIS

The book details the numerous physiological, psychological and social benefits of physical exercise. Written in such an entertaining and convincing way that on finishing it you won't be able to sit still. It is a book for those of us who are not sure about the importance of physical activity and for those who, although convinced, don't find time or motivation to get moving.



ABOUT THE AUTHOR

The author holds a doctorate in Physical Education and is a teacher at the University of Almeria. Writer, international conference speaker and consultant for physical activity programmes in many companies and institutions. A personal trainer for top sportsmen and women.

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