



# Exercise: The Lazy Person's Guide!: Relax Your Way to Better Health and Fitness

*Helen Graham*

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**Fed up with feeling guilty about not doing those regular workouts you've been promising to start? We know that exercise is good for us, but why does it have to be such hard work?**

Helen Graham is here to tell you it doesn't have to be: it's possible to achieve results with a much more gentle and balanced approach to fitness. An accessible guide to everything from yogic breathing to pilates and dynamic relaxation, *Exercise: The Lazy Person's Guide!* is a must for those of us looking for an effortless remedy: a way to exercise without doing very much at all!

*The Lazy Person's Guide!* is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include *Beating Overeating*, *Detox*, *Improving Your Memory*, *Midlife*, *Quitting Smoking*, *Self-esteem* and *Stress*.

Other books by Helen Graham include *Healing with Colour*, *Make Stress Work for You* and *Soul Medicine*.

## ***Exercise: The Lazy Person's Guide!:* Table of Contents**

1. Having a Lie Down
2. Taking a Breather
3. Sounds Relaxing
4. Taking It Easy
5. Letting Your Mind Wander
6. Stretch Yourself
7. Getting a Move On
8. Going Further

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