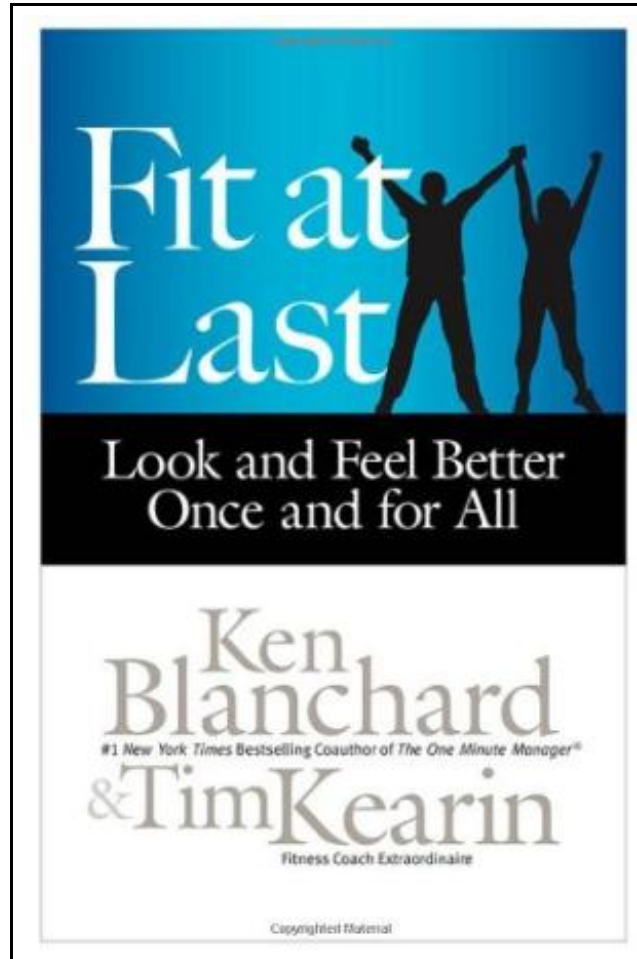


## Fit at Last



Filesize: 6.89 MB

### ***Reviews***

*A top quality ebook and the typeface used was interesting to read through. It is rally intriguing throgh reading through period. You wont feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me).*

***(Estelle Donnelly)***

## FIT AT LAST



Book Condition: New. Publisher/Verlag: McGraw-Hill Professional | Look and Feel Better Once and for All | If you're like a lot of us, for years you've been making resolutions and promises about becoming physically fit. Despite all your good intentions, though, somehow it never quite goes according to plan. But you can break that cycle. In *Fit at Last*, bestselling business author Ken Blanchard and fitness authority Tim Kearn show how Ken, at age seventy-three, finally was able to make lasting improvements in his health and fitness, including dropping over thirty pounds in a year. In each chapter, Ken shares the very personal story of his ups and downs - involving, among other things, a puppy, a Hawaiian tour bus full of widows, and a fifty-year college reunion - while Tim offers expert advice and wisdom gained from over forty years in the fitness industry. Following through on your efforts to get fit requires leadership - personal leadership. Early on, Ken realized the same concepts he'd been using for years to help people lead organizations also could help him stick to his program. Here, you'll learn how Ken and Tim applied the Situational Leadership II approach to set SMART goals, diagnose Ken's progress in each of the six core areas of fitness, and match them with the leadership styles necessary to get Ken to the next level in each area. Certainly there is a wealth of excellent fitness advice here - but ultimately, this is a book about commitment. People don't fail because they don't know what to do - they fail because they just don't do it. Using the tools in this book, you'll be able to move from simply being interested in fitness to making a lasting commitment - one that will add a spring to your...



[Read Fit at Last Online](#)



[Download PDF Fit at Last](#)

## You May Also Like

---



### **Would It Kill You to Stop Doing That?**

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years...

[Save eBook »](#)

---



### **Violet Rose and the Surprise Party**

Book Condition: New. Publisher/Verlag: Nosy Crow | With activities, 3D press-out models and over 175 stickers! Plus free games and printables online! | When busy rabbit, Violet Rose, discovers that her friend Lily has a...

[Save eBook »](#)

---



### **The Magical Animal Adoption Agency Book 2: The Enchanted Egg (Paperback)**

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn...

[Save eBook »](#)

---



### **Never Invite an Alligator to Lunch! (Paperback)**

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. NEVER Invite an Alligator to Lunch! delivers a fun,...

[Save eBook »](#)

---



### **McGraw-Hill Reading Phonics And Phonemic Awareness Practice Book, Grade 3 (2001 Copyright)**

McGraw-Hill, 2001. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New 2001 Copyright, Grade 3 Student Phonics And Phonemic Awareness Practice Book With Units 1-6, Unit Reviews, Take-Home Stories, Illustrations...

[Save eBook »](#)