



## Move it or Lose it!

*Adam Strong*

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Many successful executives focus on creating wealth but have to spend that wealth to regain their health. Do you sabotage your happiness and success? Are you struggling to stay engaged and productive all the time? Is your hectic and busy lifestyle beginning to affect your physical and mental health? Are you losing your competitive edge? 'Move it or Lose It' will help you to: deal with burn-out; become more focused and driven; control your ego; improve your time management skills by developing healthy habits and routines; and make you more money and fulfil your true potential. Issues with working in the corporate world include how to deal with the pressures of working in a fast-paced and competitive environment, but Adam will help you learn how to integrate a health and fitness routine that works for you, and learn how to decide what areas of your life you need to focus on to fulfil your true potential. 'Move it or Lose It' will also show you how to deal with difficult situations, such as when your organisation asks you to hit unrealistic performance targets or work extra long hours; choosing wealth over health; getting your spouse to be more understanding and supportive; and getting your colleagues to become more positive. The book blends over 20 years of Adam's experience from being an athlete to a health and fitness coach helping executives and corporates to become more productive and engaged in the workplace. Many people who work in the corporate world are in denial as to the effect it has on their health, lifestyle and mental well-being. Adam knows it can be difficult to stay healthy, exercise and be productive at work all the time. But what he's learnt from experience is that without health, you cannot create wealth, happiness or success, which is why he's put his three pillars of health in this easy step-by-step health, fitness and lifestyle book. But it's more than just that; it's looking at improving your mental health and your nutritional goals too.

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