



## 2:00 minutes to success. The psychology of getting fit /

Quarry, Peter,  
on-screen presenter

Instructional films.

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The Psychology of Getting Fit is a course designed to help you adopt a positive mindset for personal fitness. Being fit is not only about physical health. The mind and the body are connected, and getting physically fit helps us stay mentally fit too. Getting fit reduces our risk of serious illness such as heart disease, stroke, high blood pressure, and it also helps us maintain a healthy brain. In this course, psychologist Peter Quarry explains the psychology of getting fit is about focus, realism, exploration and commitment. Start your fitness program now. Don't put it off any longer. Adopt the mentality that you want to get fit as soon as possible. It will benefit you physically, mentally and emotionally

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