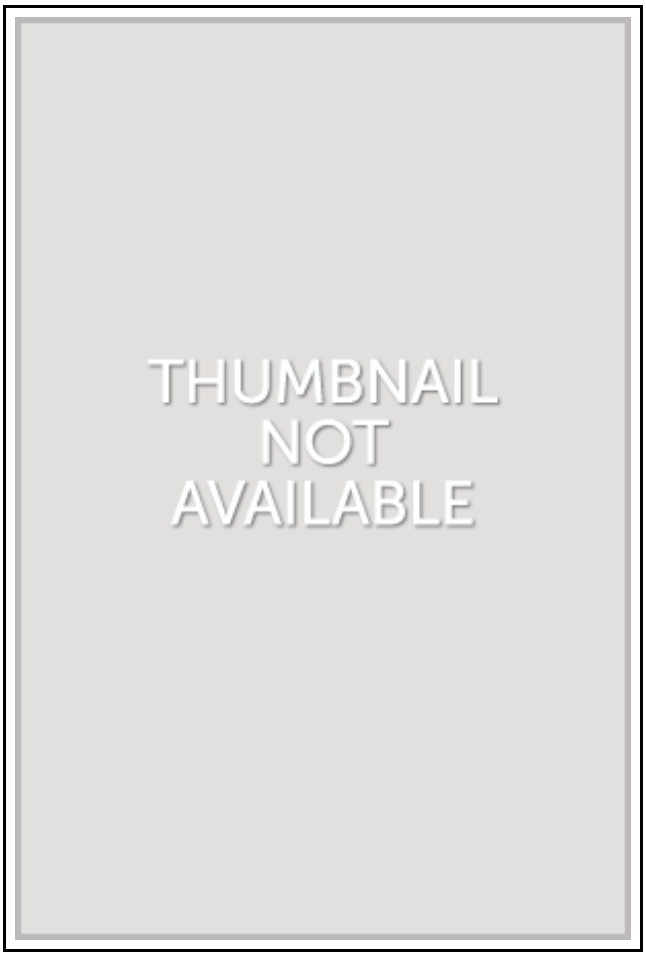
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Fastpencil Inc, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.CONSCIOUS FITNESS is a timely and important book that invites its readers to gain a new perspective on health and wellness. It involves looking at nutrition, exercise and overall fitness from our most basic level, pure energy, otherwise known as Zero Point Energy. It is a modern journey into critical thought, intended to rid the reader of limiting beliefs they may have about their health, weight, level of fitness and their capacity to change. This book begins with an exploration of human health and wellness from an energy perspective. At the most subatomic level, ultimately, we are nothing but pure energy and the health of that energy affects our outward mental and physical well-being. This energy can be found (or hidden) by the conscious mind, and its canvas is our very bodies and our minds. Through the use of new scientific research, quantum science, philosophy, exercise physiology, spirituality, nutrition, and motivational science, the reader is introduced to a new belief system. This system challenges the reader to consider new possibilities regarding their health and wellness. Robert Krueger is the owner and operator of Zero Point Fitness, a fitness training center and gym in Arbor Vitae Wisconsin. He is a National Academy of Sports Medicine Certified Physical Trainer (CPT) and is certified and specializes in corrective exercise (CES). He works with all ages and interests with muscle imbalances, stability issues, weight loss and post rehabiliation from injuries and specializes in shoulder and back corrective exercise. He also works with highschool, college and semi pro athletes to improve performance in their sport. He employs a variety of personally designed exercises and techniques to include sport simulation and competitive visualization...

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