



# **Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes a Day for a Healthier Body, Mind and Spirit**

*Dai Manuel*

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## **Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes a Day for a Healthier Body, Mind and Spirit**

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Lifestyle mentor and fitness coach Dai Manuel's Whole Life Fitness Manifesto is a new kind of fitness book. It's not just about physical health but whole-life fitness that blends mindfulness and personal development with equipment-free workouts. This sustainable lifestyle extends beyond the book, allowing Whole-Lifers to connect with like-minded people in a supportive online community.

The *Whole Life Fitness Manifesto* provides the tools you need to create a "FUN-ctionally fit" lifestyle at any age or level of ability, in 30 minutes a day.

The Whole Life Fitness Power 30 program consists of:

- 15-minute equipment-free workouts that you can do anywhere
- Worksheets and diary pages to help you track your progress
- Photo-illustrated breakdown of more than 30 exercises
- Mindfulness and meditation tips
- Customizable workout plans
- Expert nutritional advice
- Personal development prompts
- An opportunity to access a thriving online community – join the tribe!

Learn how to re-program your body, make better choices, release excess weight, and become stronger, healthier and happier for the rest of your life.

Join the thousands of men and women whose lives have been transformed by Dai's Whole Life Fitness Power 30 program, and let their success stories inspire you.

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#### **Dirk Sullivan:**

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Dai Manuel's Whole Life Fitness Manifesto: 30 Minutes a Day for a Healthier Body, Mind and Spirit can be excellent book to read. May be it could be best activity to you.

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