

*Life Moves*  
*Exercise for the*  
*Love of the Lifestyle*

If your relationship with exercise is anything other than a love affair—this book is for you!

Enjoyable, consistent exercise is all about perspective...revealing qualities you love and allowing those qualities to express in and as your exercise experience. When you open yourself to the unlimited possibilities for movement and fun, exercise becomes a world of creativity, inspiration and wellness.

Are you ready for a new perspective on exercise?

Create a perspective that allows you to experience exercise as everything you always dreamed it could be. Exercise any time you want and know that it is fun and enjoyable *and* that choosing to do it is effortless and easy. Who needs willpower when you have creative power—the power to exercise fun? Live your vision, live your life, live well...*Life Moves*.

Exercise has never been this easy and fun—until NOW!!

## **Author Information**

Karen S. Danner has been described as an inspiring and gifted lecturer, coach and author. As a facilitator of wellness workshops and presentations in corporate and private sectors, she is fast becoming one of the most sought-after presenters in the field of wellness. As the Founder of Love Yourself Well™, a wellness education and promotion company, she is an advocate of living well and living from the heart; movement is at the core of her message. She actively campaigns to create awareness around individual wellness and the evolution of the human condition.