



One Day To Health Releases New Report On Fitness Mistakes

April 26, 2016

April 26, 2016 - PRESSADVANTAGE -

One Day to Health, a website and community based in Calgary, Alberta, announced recently that they have a new free report available for readers. The report is titled *Are You Making These 5 Fitness Mistakes*, and outlines many reasons why some people's workouts don't work, and how they can remedy that problem.

Preben Ormen, co-founder of the One Day to Health website and web community, says, "We know how difficult it can be for people to just begin a new workout with the hopes of getting fit. We also understand that things can get in the way. This report is designed to help you figure out what you're doing wrong, and what you can do to make your workouts count."

The free report *Are You Making These 5 Fitness Mistakes* outlines common errors that people make and how those errors work against achieving general fitness. Ormen says that the mistakes outlined in the report are the worst kind of mistakes one can make when attempting fitness.

"These are the mistakes that cause some people to stop working out altogether," Ormen states.

He says that 99 percent of people quit working out during the first six months after beginning a new exercise regime, and that these five common mistakes are often the reason why. When people do not begin to see the results that they want, normally within just a month or so of beginning, they start to feel as if their workout is wrong, like it is not working and that they may be better off just forgetting the entire exercise program, according to Ormen.

The report is followed by the site's video Biggest Health Benefit: Diet or Fitness Training? which also helps to outline common issues that many people face with their chosen exercise or fitness program.

Mistakes outlined in the report include thinking that exercise takes a lot of time or that certain equipment are needed in order to have an effective workout. Ormen says that the report will tell those on a new exercise regime what to do in order to avoid the mistakes that normally stop people from achieving their fitness goals.

###

For more information about One Day to Health, contact the company here: One Day to Health
Phoebe Bradbury 13607883846pkbsort@gmail.com 132-918 16 Ave NW Calgary, AB, T2M 0K3 Canada

One Day to Health

One Day to Health shares insights into nutrition, weight loss, exercise, supplements, aging, and emotional and physical health. We help you make healthy choices today so this one day will lead to a healthy mind and body.

Website: <http://onedaytohealth.com>

Email: pkbsort@gmail.com

Phone: 13607883846



Powered by PressAdvantage.com