

The COLLIER  
*Quick and Easy Guide to*  
**PHYSICAL FITNESS**

## Gives You the Vital Facts on:

**Health Hazards, Proper Diet, Your Personal Grooming, Rest and Relaxation, Your Mental Outlook, Sensible Exercise, Medical Services, and MORE.**

### SELF-IMPROVEMENT PROGRAMS FOR YOU

Beginning muscular toning-up

Safe, sane ways to lose weight

Reasonable oral hygiene

Improving your complexion

Protective eye and ear care

Preventing foot fatigue

Developing good posture

### CHECKLISTS AND CHARTS TO HELP YOU

Recommended dietary allowances

Checklist of personal sleeping habits

New desirable-weight tables

Rides for buying comfortable shoes

Calorie counter of common foods

Checklist for signs of eye trouble

## Provides Answers to:

- Why You Are Overweight
- What You Can Do for Insomnia
- How You Can Spot a Quack
- Smoking and Lung Cancer
- When You Should Refuse a Drink
- How Long You Can Expect to Live

### YOUR MIND AND YOUR BODY

"Mental" causes for physical illness

You can't be reasonable all the time

The immediate causes of anxiety

What the unconscious mind is

The nature of your emotions

Safeguards of mental health



#### The Author

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Quick and Easy Guide to*

# **PHYSICAL FITNESS**

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\*Look at these stars for quick study opportunities.

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