

Fitness Gym: Nutrition & Wellness, Exercise & Weight-loss, Tips from a Trainer After 25 Years

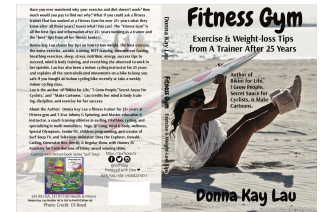
Why do you exercise?

Have you ever wondered why you are not getting results from your exercise class, workout, or your diet? Did you buy new exercise equipment or an indoor cycling bike?

Why does it feel like I am doing all the work with no progress? In "Fitness Gym:

Nutrition & Wellness, Exercise & Weight-loss, Tips from a Trainer After 25 Years" Donna Kay Lau shares her tip on how to get fit fast, lose weight fast, best exercise, using her tips

using aerobic exercise, Intermittent Fasting, breathing exercise, and sharing the secrets of what she has learned. She will show you how to lose weight, and doing it all in balance and teaching you wellness. She has also been a indoor cycling instructor for over 23 years and will explain contraindicated movements. The author of many fitness books including "Bikini for Life" she is enthusiastic about sharing her knowledge to help others achieve health, thru mind, This is the best and more of all the books she written to date. body and spirit, explaining why most people fail trying to achieve results. Lau covers Optimal fitness, sleep, fatigue, all the exercise trends and fads, hydration, walking, yoga asanas, meditation, the effects of sitting, and periodized training, as well as strength, flexibility, heart rate training, balance and the importance of changing you exercise routines as you age. This is a great book for young readers as Lau addresses body image and includes an excerpt for teens, tweens, of her middle grade graphic novel. The importance of families exercising together and so many tips for all ages. Lau has trained every age group and has reaped the benefits of training at a 'Fitness Gym' for over 23+ years and prior to the launch of her new virtual training platform on 'Zoom' and vows to share everything she has learned that has helped countless clients, athletes, and even training Special Olympian athletes. Lau credits her lifelong exercise routine for her mind, body, and spirit connection that she has appreciating her own exercise routine that she started at a ver young age. Lau is an athlete, television animator, artist, host of her own podcast, author & illustrator of children's picture books with her new series "Surf Soup TV" and believes her creativity and success comes from training and she wants to share all she knows so you too can feel great and have the gift of movement, health, and wellness. Lau believes if she can assist in sharing her knowledge more people would have the gift of health and wellness which you can't buy with your credit card and has an extreme passion to share what she knows.



About the Author:

Donna Kay Lau a fitness trainer for 25+ years at gym and 3 Star Johnny G. Spinning Instructor, and Master educator & instructor, and coach training athletes in surfing, triathlon, cycling, specializing in multi-modalities: yoga, and mind, body, spirit, wellness coach, and plant based nutrition, and trainer to children and Special Olympians, and Senior fit. Donna Kay Lau is also the author of 3 Fitness books: Bikini for Life, I Grow People, & Secret Sauce for Indoor Cycling Instructors, and also "How to make Cartoons & Animation."

Donna Kay Lau is an author, Television animator, artist & Picture book author/illustrator of Surf Soup series, and creator of Surf Soup TV cartoon series and Host of Surf Soup Podcasts. Donna Kay Lau Worked on the following television cartoons:: Television animation series: Emmy award winning Nick Jr. series, "Dora the Explorer", "CatDog", "Oswald the Octopus", "CatDog" Movie, "Oswald the Octopus", Emmy award winning action series, "Generator Rex", and Special crossover "Ben 10 Ultimate Alien & Generator Rex: Heroes United", as well as the Primetime Emmy award winning animated short, and series; "Regular Show", and has freelanced for many productions including the PBS series "Danger Rangers", as well as the designer of her own children's clothing line "Art is On!".

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