

BUSY BODIES

Creating time for exercise with your busy schedule is crucial to maintain a healthy body and a sharp mind. Finding the time to stay healthy and in shape can be difficult for anyone and when you lead a busy life, it seems nearly impossible.

With this series, we explore the effects and importance of exercise on the human body, bringing you "how to" exercise tips and hints, together with healthy eating options, alternative therapies plus recreation and relaxation ideas you can easily invest in.

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