



# Lebenstempo: In Alltag und Sport den eigenen Rhythmus finden (German Edition)

*Nils Schumann, Ingo Niermann, Erik Niedling*

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Unser Alltag ist schon anstrengend genug. Nun wollen wir auch noch topfit sein. Wie schaffen wir das, ohne uns noch mehr zu stressen? Zweihundert Jahre nach Erscheinen von "Turnvater" Jahns epochalem Buch Die deutsche Turnkunst stellt der 800-Meter-Olympiasieger Nils Schumann die Motive und Methoden des heutigen Lauf- und Fitnessbooms auf den Prüfstand.

Schumann weiß, wovon er spricht. Hoch gestiegen, danach infolge von Verletzungen sportlich und privat tief gefallen, wurde ihm ein genau auf seinen Alltag abgestimmtes Training zu einer Quelle von Gesundheit und Lebensfreude. In seinem ersten Buch Lebenstempo zeigt der Sportstar und heutige Personal Trainer den richtigen Weg, wie wir zu einer persönlichen Fitness finden, die uns tatsächlich leistungsfähiger, entspannter und glücklicher macht.

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