

# Download Lazy Man's Guide To Physical Fitness

It's true for any man, and doubly so for large men: the fit of your clothing is its most important quality. If you've got bulges, wrinkles, or sagging cloth, it's going to make your outline look sloppy. The divide used to be clear: if you worked with your hands, in the field or in a factory, you could wear jeans to work. If you worked in an office, you couldn't. Thank you! I feel so much better about passing up this "opportunity" and I have to say it is really hits moms – particularly stay at home moms – into this because sadly there is a lot of isolation when you stay at home, plus 24/7 busyness, and exercise/eating well takes the back burner. [Editor's Note: Le-Vel tried to sue me for the article below... AND I WON! The court's decision is here. Their conclusion states, "We decide in [Lazy Man's] favor on his first, second, third, fourth, fifth, sixth, seventh, and tenth issues.