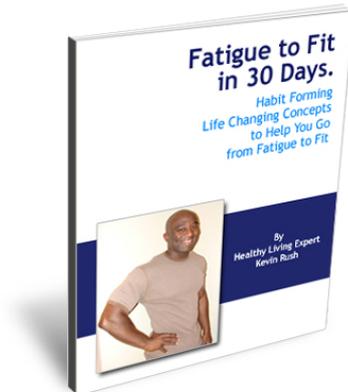


Anxiety and Fatigue Causes are Identified in Free Report



Free report & 30 days of free health advice at www.FatiguetoFitin30Days.com addresses American epidemic of extreme fatigue. One of the main causes of extreme fatigue is anxiety, and report offers ways to reduce anxiety and extreme fatigue in 30 days

Jan. 12, 2010 - [PRLog](#) -- Healthy living expert Kevin Rush is now offering a free report and 30 days of free health advice at www.FatiguetoFitin30Days.com to address the American epidemic of extreme fatigue. Rush's report reveals one of the main causes of extreme fatigue is anxiety, and offers ways to reduce anxiety and extreme fatigue in 30 days.

The 20-page free report outlines various fatigue causes including anxiety and offers a real cure for what may feel like incurable exhaustion. Rush's years of experience as a healthy living expert, fitness coach and military man helped Rush to write the report.

Rush states, "One of the most common fatigue causes is anxiety. Anxiety creates a feeling of restlessness and is often accompanied by physical discomfort or pain, all of which can increase feelings of extreme fatigue and exhaustion. Additionally if anxiety is plaguing you, you might find that you can't sleep through the night, furthering your extreme fatigue. The cycle of anxiety and fatigue are not easily broken."

Solutions are offered in the free report titled *Fatigue to Fit in 30 Days*, and made available to anyone who visits his website, www.fatiguetoFitin30days.com.

In addition to the free report, visitors to Rush's website can sign up to receive free expert advice for 30 days, with personal support and advice from Rush himself throughout the month long time frame. Visitors are urged to sign up immediately as spaces are limited to 30 people at a time due to the life coach's personal involvement with each student. The 30 days of advice also includes detailed articles about overcoming various reasons for extreme fatigue.

The free report can be downloaded at www.fatiguetoFitin30days.com and includes free, no-obligation health advice for 30 days.

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About healthy living expert Kevin Rush: Kevin Rush has been a certified personal trainer for 12 years and during his tenure with the U.S. military he ran the Navy physical fitness program for Naval Air Station North Island in California. To say Kevin is physically fit is an understatement. However, when Kevin worked as a combat air traffic controller aboard Naval vessels he began to feel a sense of fatigue. He worked out but he was still tired. That's when he launched his research on fatigue and thus began the development of Kevin's program. Kevin has assisted hundreds, if not thousands, of individuals to overcome fatigue.

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Source Kevin Rush
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