

## **NEW E-BOOK HELPS OFFICE WORKERS GET AND STAY IN SHAPE**

*Fitness Tips for Desk Jockeys* by Chris Maloney now available on Smashwords

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Sydney personal trainer and marketer, Chris Maloney, has now published *Fitness Tips for Desk Jockeys* a 48 page ebook containing 31 fitness tips designed to help office workers get and stay in shape.

As a Fitness First personal trainer, Chris Maloney trained elite athletes, TV and radio personalities, and soccer mums through to corporate fat cats. When he started an office job, he distributed monthly fitness tips to his colleagues, growing a distribution list of over 2,000 readers across Sydney. *Fitness Tips for Desk Jockeys* is a collection of his most popular tips, tackling topical fitness issues in a tongue-in-cheek style.

Chris Maloney, author of *Fitness Tips for Desk Jockeys*, believes that “spending 8 hours a day or more behind a desk and in front of a computer is not good for your health, so you need to engage in specific exercises that are designed to help counteract these bad habits”

The e-book version of "Fitness Tips for Desk Jockeys" is now available to sample and purchase at Smashwords for only \$0.99  
<https://www.smashwords.com/books/view/30373>

The e-book is available in a variety of formats, and is compatible with the Apple iPad, iPhone and Amazon Kindle.

### **About Chris Maloney**

*In 2001, Chris Maloney started personal training for Fitness First in Carlingford, NSW. After several years of personal training everyone from elite athletes to corporate fat cats, Chris moved into the world of marketing, and in 2008 was named Australia's Young Direct Marketer of the Year. His blog, maloneyonmarketing.com has over 40,000 readers worldwide. Still a fitness fanatic, Chris regularly places highly in Sydney fun runs and corporate fitness events.*

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### **About Smashwords**

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