

READ MORE EFFICIENTLY

Our Process

- + Select high quality books
- + Deliver actionable insights to you

fit knowts provides you with the key points, key terms, and cover - to - cover summaries of the best health and fitness books to help you learn from the best, in less time.

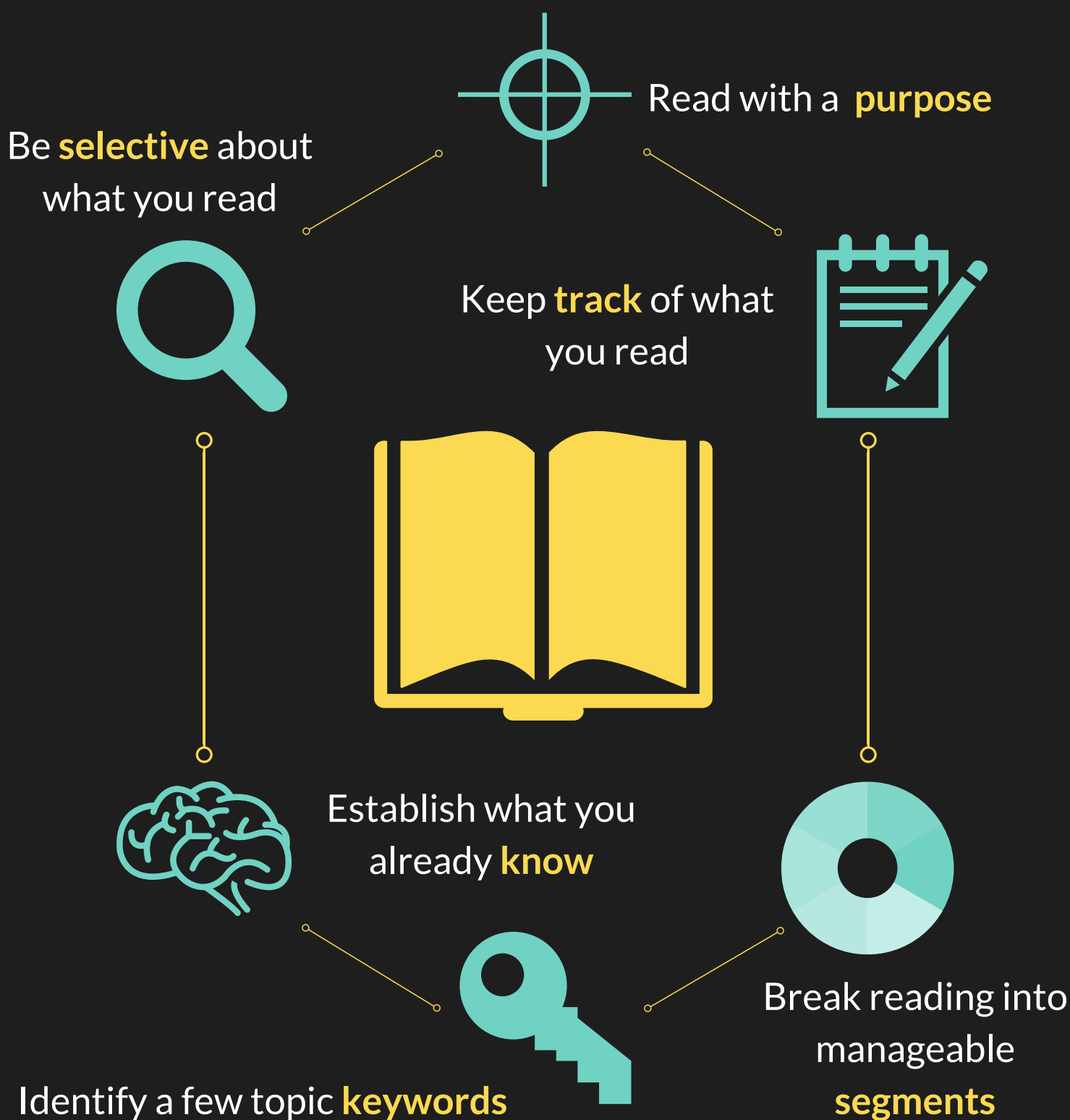
QUICK FACTS

Active vs. Passive Reading

- Passive Reading - reading to get through pages, paying little attention to identifying main ideas, while feeling only minimally engaged
- Active Reading - critically engaging with the material being read to understand and evaluate it for your needs

WHAT TO DO

Use These Tips to Read Faster and Smarter



We Are Here to Help

Visit us at fitknowts.com for more.

