



How to Eat, Move and Be Healthy!

Paul Chek

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Your personalized 4-step guide to looking and feeling great from the inside out!

A book for anyone who wants to look and feel their best.

You are unique! The way we respond to food, exercise and stress varies person-to-person just as much as our fingerprints. This book will identify YOUR individual needs and teach you how to address issues that may be preventing you from looking and feeling your best.

Follow this proven four-step program that has helped thousands of people look and feel their best.

Step 1. Fill in the Questionnaires.

Step 2. Develop a Unique Eating Plan for YOU.

Step 3. Build a Personalized Exercise Program that Fits YOUR Needs.

Step 4. Fine-tune a Healthier Lifestyle that Fits YOUR Routine.

Whether you want to lose weight, change your body shape, overcome a health challenge or optimize an already healthy lifestyle, this book will teach you how to achieve all your goals!

This book is not meant to be read from cover to cover! Just as each individual is different, so too, will be the way you read this book. The Questionnaires in Chapter 2 will guide you through the rest of the book, so you can select and read the chapters that are most applicable and interesting to you. In this way, you will create a customized plan of action. This book will show you how to eat and how to move so as to achieve and maintain your optimal level of health and performance.

- Learn how to proportion your meals to achieve your optimal weight.
- Know the truth about fats and oils, animal products and grains
- Choose an exercise program that works for you
- Understand the major impact stress has on your body
- Discover how getting to sleep by 10:30 pm can help improve your health
- Overcome unwanted symptoms such as acne, irritable bowel, acid reflux, bloating, headache, joint pain and many more by eating the right foods and taking care of yourself

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From reader reviews:

Alice Christensen:

Have you spare time for the day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the particular Mall. How about open as well as read a book eligible How to Eat, Move and Be Healthy!? Maybe it is being best activity for you. You understand beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

Gerald Morin:

Nowadays reading books are more than want or need but also get a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The data you get based on what kind of e-book you read, if you want attract knowledge just go with training books but if you want feel happy read one together with theme for entertaining such as comic or novel. The actual How to Eat, Move and Be Healthy! is kind of reserve which is giving the reader capricious experience.

Jeannie Brenner:

People live in this new day of lifestyle always try to and must have the free time or they will get great deal of stress from both daily life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not really a robot. Then we inquire again, what kind of activity do you have when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the particular book you have read will be How to Eat, Move and Be Healthy!.

John Stevenson:

What is your hobby? Have you heard that will question when you got students? We believe that that query was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. And you also know that little person similar to reading or as reading become their hobby. You must know that reading is very important and book as to be the matter. Book is important thing to include you knowledge, except your teacher or lecturer. You get good news or update concerning something by book. Amount types of books that can you choose to use be your object. One of them is niagra How to Eat, Move and Be Healthy!.

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