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Today s Choices, Tomorrow s Health: Small Steps to Improve Health, Food Choices, Exercise, and Life (Paperback)

By Dr Justin Trosclair D C

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Imagine Having the Blueprints You Need to Make Better Food Choices Now and Instantly Start Dropping Pounds. All While Increasing Your Exercise with Ease, No Guilt and Getting Rid of Your Low Back and Neck Pain. Improve your health, one step at a time! We all want to be healthy. We all want to avoid nasty diseases which slow us down or even prematurely end our lives, but most of us tend to look for the quick fix. Fad diets, crash exercise courses and all manner of crazy weight loss programs mean that people may feel better in the short term, but are unable to maintain it. Now, with Today s Choices, Tomorrow s Health , there is a book which revolutionizes the way you should be approaching your wellbeing. Divided into four sections, the book examines the four things which are the keys to good health: Our overall health Eating the right foods Making sure you exercise Create and stick to a budget What s Inside? Can you reach your own Weight Loss, Cardio and Weight Lifting goals as well...


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