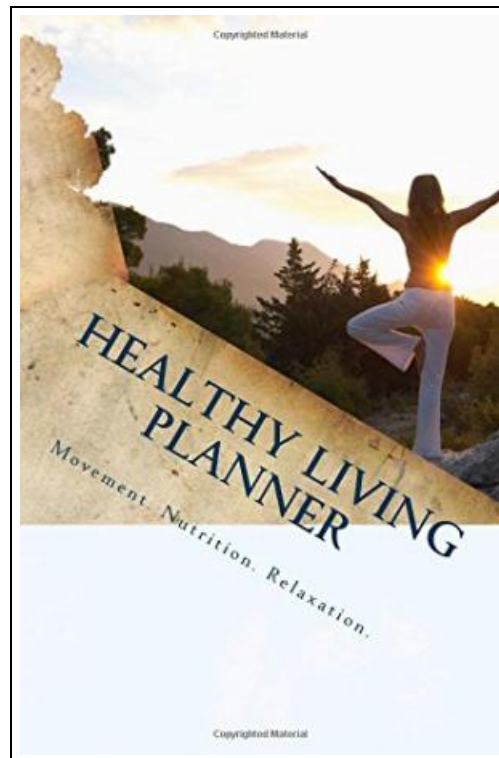


## Healthy Living Planner: Live a Healthy Life - Every Day!



Filesize: 1.66 MB

### **Reviews**

*Simply no words and phrases to spell out. it was writtern extremely perfectly and useful. I am easily could possibly get a satisfaction of looking at a composed publication.*

**(Prof. Maudie Ziemann)**

## HEALTHY LIVING PLANNER: LIVE A HEALTHY LIFE - EVERY DAY!



Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get your healthy lifestyle started! \*\* Thematic journal / notebook \*\* Unique concept. Simple and effective: REDUCED TO THE ESSENTIALS OF A HEALTHY LIFE! Also ideal to support weight loss. Not linked to any specific diet system. Living a healthy life does not have to be complicated. Actually, the basic elements of living healthy are known by everyone: Various everyday movement Fresh, natural food And regular enjoyment relaxation. International research and good sense agree on that unanimously. However, our lives are different most of the time: We eat fast and highly processed food, we sit for hours every day, there is little movement and almost no exercise, we seldom take time to consciously relax. The knowledge of the different aspects of a healthy lifestyle is in our minds; what is missing in many cases is the daily implementation. This is where the HEALTHY LIVING Planner comes into play! This newly developed planner helps you to finally take action in the fundamental areas of MOVEMENT, DIET and RELAXATION Plan your healthy and active day in only a few central steps and check yourself at the end of the day on a daily basis. Each day you aim for a few concrete goals in the three fields - plus one freely chosen - and note them in this planner: 1. The movement part is divided into the items Everyday movement, Gymnastic / Mobility and Workout (strength, endurance). 2. A healthy nutrition is represented by the consumption of vegetables and fruit. In addition you are reminded to pay attention to drinking water and omitting sweets and unhealthy food. 3. Plan a specific time for pleasant moments of relaxation. 4. Last but...



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