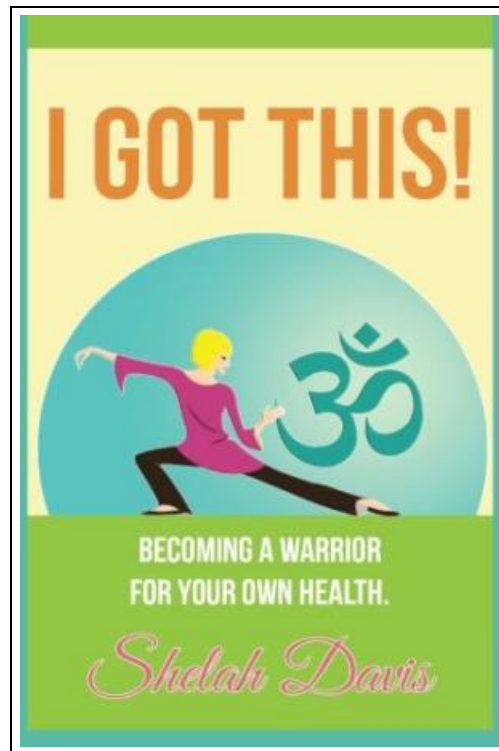


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I GOT THIS: BECOMING A WARRIOR FOR YOUR OWN HEALTH (PAPERBACK)



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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.After watching her grandparents, aunts and uncles pass away from various types of cancer, heart disease and diabetes, Shelah knew there had to be something that she could do for herself to improve her risk factors for disease. She began studying nutrition fitness as part of her personal journey but soon realized that the knowledge she was acquiring could help more than just herself. I Got This takes a very blunt look at how our diets directly affect our own bodies and helps readers to make the connection between what they are putting into their mouths and their own health. Changes are never easy and with all of the misleading information that is available, making the right decisions can be downright stressful and confusing. I Got This arms you to become your own health warrior. As a motivational speaker, nutrition counselor and fitness expert, Shelah attacks very serious topics with passion and humor. She is makes it personal. She makes you think. She inspires you to do what it takes to reach your own level of optimal health. Whether you are completely new to the journey or you are a seasoned fitness junkie, I Got This will open your eyes to food, fitness and your own health.

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