



## Your Journey to a Healthy Life: Great Tips and Advice for Dieting, Exercising and Making Healthy Decisions (Paperback)

By Kieran Dyer

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Our book is designed to focus on various areas to help you understand how to diet safely with no fads, how to eat healthy making it much easier to avoid temptation and lastly how to adopt an exercise routine which suit your lifestyle, making it easier to fit into your busy schedule. We have also added also some fun chapters to help live a healthier lifestyle or for those who want to understand why many people consume protein and what it does to your muscles. Healthy living is designed to help give you a great start helping you get into that regular routine whilst staying motivated to do so. Plus, to help you further we are giving away a free print off pack including weight maintenance table, calorie counter and a meal planner. These tools will help you stay organised leading to great results, and great health. The print off pack is only free for those buying the eBook addition which will require you to follow a link where it can be downloaded. Hope you enjoy, and please let...



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