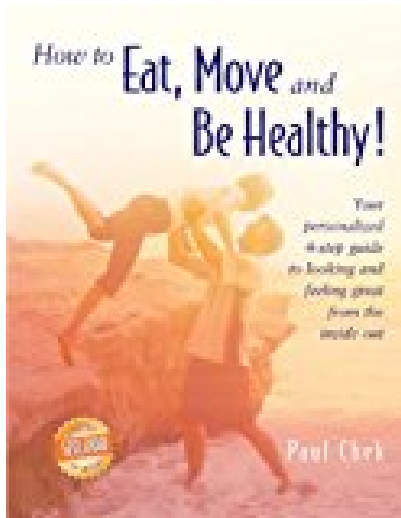


How to Eat Move and Be Healthy!



BOOK DETAILS

- Author : Paul Chek
- Pages : 256 Pages
- Publisher : C.H.E.K Institute
- Language : English
- ISBN : 1583870067

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BOOK SYNOPSIS

A book for anyone who wants to look and feel their best. How to Eat, Move and Be Healthy! contains a proven four-step program that has helped thousands achieve their health and fitness goals. Step 1: Complete the questionnaires to determine individual needs and concerns Step 2: Develop an eating plan that is personalized for the reader Step 3: Design a custom-made exercise program. Step 4: Fine-tune habits to create a healthier lifestyle. This book will guide the reader to reach their potential, whether the goal is to lose weight, change body shape or optimize an already healthy lifestyle.

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