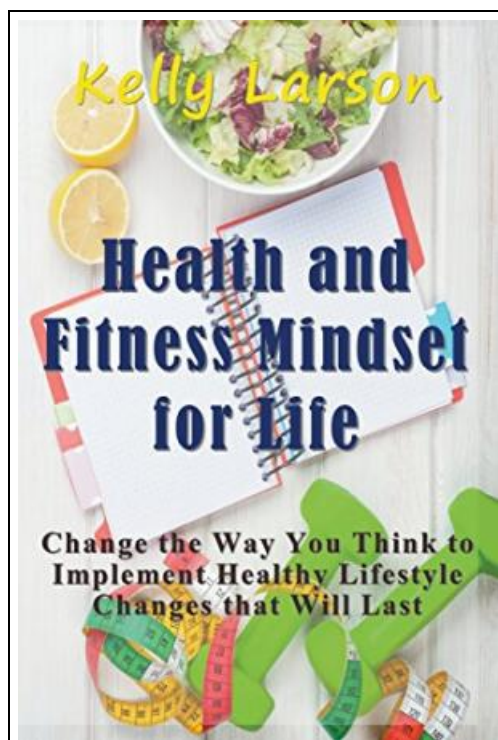


Health and Fitness Mindset for Life: Change the Way You Think to Implement Healthy Lifestyle Changes That Will Last



Filesize: 3.81 MB

Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

HEALTH AND FITNESS MINDSET FOR LIFE: CHANGE THE WAY YOU THINK TO IMPLEMENT HEALTHY LIFESTYLE CHANGES THAT WILL LAST



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Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you resolve to lose weight, get physically fit, or improve health issues only to fail again and again? Do you fail because you or others expect you to fail? Get off of the fad diet and celebrity trainer rollercoaster ride, once and for all, and get determined to make lifestyle changes that you will be successful at. Certified fitness trainer, nutrition and wellness coach, Kelly Larson s new guide Health and Fitness Mindset for Life will teach you to change you mindset about implementing healthy lifestyle changes that last. Change is hard but Larson shows her readers how to zero in on one specific area to achieve quick success. One small success will keep you focused and result orientated which will lead to another success. Seeing your hard work pay off will build your confidence and make you realize you can achieve whatever you set your mind to. Hold yourself accountable, reward yourself, love yourself and believe that you got this! Some of the important information you ll discover, includes:

- o How to stay motivated
- o Why selecting the right program for YOU is crucial
- o Identifying and targeting your body s problem areas
- o Why tracking your progress is important
- o Incentives will keep you focused and on the path to success
- o Over one-hundred health and fitness affirmations

Grab this no fluff guide to achieve the proper mindset and change your life for good.



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