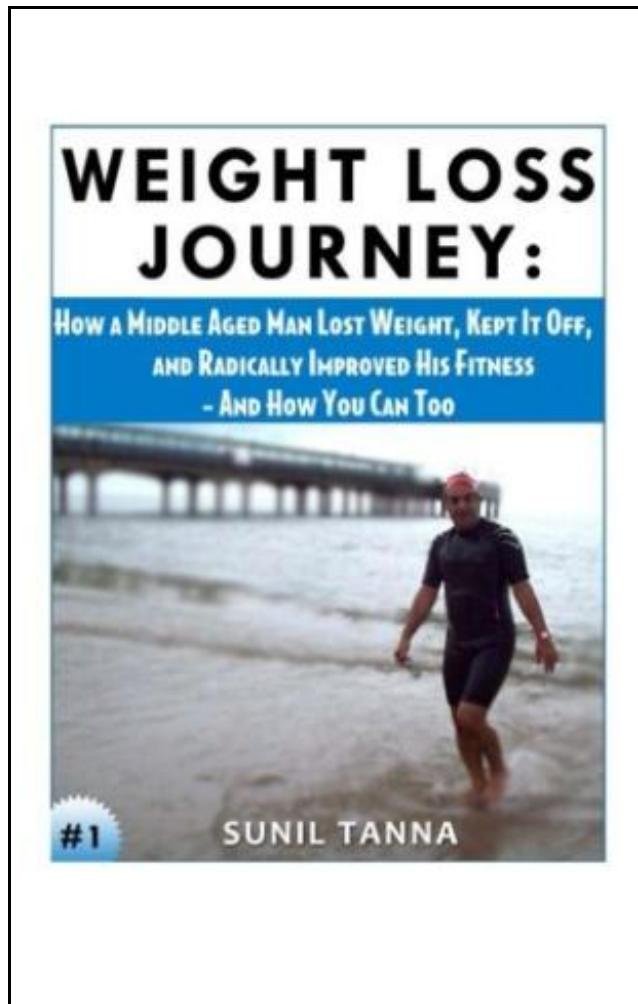


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Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I was fat, I was unfit, and I was over 40. At my maximum, I probably weighed around 252 pounds (114 kg), but the truth is I am not really sure. Today, I am close to my ideal weight at just 182 pounds (83kg), fitter than I have probably ever been, regularly play competitive sport, and have completed several extremely demanding physical challenges. This book is the story of how I did it, and how I believe you can too! Part personal story, part guidebook, inside you will find a no holds barred account of exactly how I permanently changed my lifestyle so eating healthily and doing regular exercise became not only routine, but easy. This book isn't a diet or exercise plan, doesn't tell you precisely what to eat, or how to work-out, but it does contain a detailed roadmap to how you can change your life for the better, and watch the weight fall away. Some of things you will discover include: How to consistently measure your weight so as to make it easy to do day-to-day comparisons How to keep track of your weight, and really know if you are gaining or losing How to set yourself weight loss goals, and adjust them as you go How to make healthy lifestyle choices that you will stick with rather than abandon after a short time The most reliable way to incorporate regular exercise into your daily routine How to choose sporting activities that will keep you motivated How setting ambitious goals can help you achieve more than you might have ever thought possible How to shop for healthy foods, and how to really read labels Simple adjustments to the...



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