Fitness & Nutrition Whealth Learning Series M. Usman JD-Biz Publishing

Fitness and Nutrition (Paperback)

Filesize: 5.5 MB

Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think. (Felicia Nikolaus)

FITNESS AND NUTRITION (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: What Is Nutrition? Chapter # 2: The Link between Fitness and Nutrition Chapter # 3: How the Body Uses Energy Chapter # 4: Nutritional Guidelines Chapter # 5: Activity-Specific Nutrition Chapter # 6: Vegan Nutrition Chapter # 7: Reading Food Labels Chapter # 8: Tips for Exercising Chapter # 9: Tips for Staying Motivated Chapter # 10: Avoid Nutritional Deficiencies Conclusion Author Bio Publisher Preface There is nothing elusive about staying fit. The problem is that many people are simply unaware of what must be done to maintain good health. Our poor lifestyles are the roadblocks keeping us from achieving optimum fitness. One-half of the problem has to do with our diets that are mostly filled with junk. Unfortunately, eating like this keeps our fitness goals from being nothing more than dreams. This type of food has no nutritional value and is usually filled with more calories than we need. Additionally, we have come to love a sedentary lifestyle, and much of our time is spent watching TV or surfing the internet. But, for your information, poor nutrition and an inactive lifestyle are the two things making us this way. Thanks to these two, the majority of us are now sick. But, most importantly, there is no way anyone can stay fit living this way. In this book, you will learn the reason why eating healthy foods is the answer to staying fit. Furthermore, we will look at the need for physical activity and its link to nutrition. You will also discover the type of foods you should eat and the ones you should avoid. There are a...

- Read Fitness and Nutrition (Paperback) Online
 - Download PDF Fitness and Nutrition (Paperback)

Related Kindle Books



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and...

Read Book »



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Read Book »



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any...

Read Book »



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community (Paperback)

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his...

Read Book »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and...

Read Book »