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Healthin12 - 2015: 12 Weeks to a Healthier You!

By Susan Drake

On Demand Publishing, LLC-Creat e Space, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you trying to lose weight? Become healthier? Then this workbook is for you! It is interactive and will help you develop new habits.for life! Healthin12 is a 12-week, life changing workbook. You will be guided to changing your daily habits for life long health. Healthin12 was written by Susan Drake, Registered Dietitian/Nutritionist who has over 20 years of experience coaching clients. Healthin12 is based on science and experience. Chapters include: Introduction: Getting Started - Learn about statistics and health implications associated with obesity. Learn how to track your biometrics and set realistic weight goals. Week 1: Goal Setting and Staying Positive Every Day Tips for Success Individualizing your Nutrition Plan Establishing Lifelong Habits Importance of Protein Developing your Meal Plan Healthy Portion Sizes Week 2: Nutrition 101 U.S. Dietary Guidelines Importance of Water Week 3: Mindful Eating Stress Management Week 4: Sleep and Weight Loss Week 5: Nutrition Supplements for Everyday Importance of Exercise Week 6: Eating Out Wisely Week 7: Nutrition Label Reading Grocery Shopping Tips Week 8: Low Fat Cooking - Delicious Week...



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