

The Ultimate Beginner's Guide and Healthy Recipes to Diet and Exercise for Health

If you're new to dieting and exercise, or if you're looking to get back on track, this book is for you. The Ultimate Beginner's Guide and Healthy Recipes to Diet and Exercise for Health provides everything you need to know to get started on a healthy lifestyle.



ECTOMORPH DIET : The Ultimate Beginners Guide and Healthy Recipes to Diet & Exercise for Healthy Weight

Gain by Valerie Murnel

★★★★☆ 4.8 out of 5

Language : English

File size : 201 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Print length : 66 pages

Lending : Enabled



What You'll Learn in This Book

- The basics of nutrition and how to create a healthy diet
- The different types of exercise and how to choose the right ones for you
- How to set realistic goals and track your progress
- How to overcome common challenges and stay motivated

- Over 100 healthy recipes to help you fuel your body

Why This Book Is Different

There are a lot of books on the market that promise to help you lose weight and get healthy. But *The Ultimate Beginner's Guide and Healthy Recipes to Diet and Exercise for Health* is different. This book is written by a certified personal trainer and registered dietitian, so you can be sure that the information is accurate and up-to-date.

This book also takes a holistic approach to health. It doesn't just focus on losing weight, but on improving your overall health and well-being. This book will help you:

- Reduce your risk of chronic diseases like heart disease, stroke, and cancer
- Improve your mood and energy levels
- Sleep better
- Live a longer, healthier life

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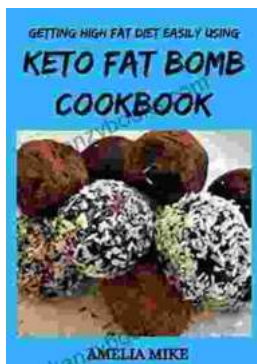
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