



## Fitness Journal (Paperback)

By Sandra Graves

Rory Media, United States, 2014. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Write down your goals, track your fitness and nutrition, and watch your body transform. As you work to improve your health and fitness you may be confused or discouraged by a barrage of ads for a bewildering array of products, diets, and exercise programs. However, one of the most important steps you can take is simple: keep records of what you eat and when and how you exercise. Studies have shown that participants who kept daily food records, documenting every meal and snack they consumed, lost twice as much weight in a given time as participants who did not. Documenting your nutrition requires you to be conscious of what you eat and drink. This awareness makes you less likely to eat mindlessly because you're tired, bored, or discouraged. Food journaling also gives you a clear, objective record of how closely your actual consumption matches the healthy goals you have set for yourself. Instead of feeling guilty about eating too much you can see what changes you need to make and what you're already doing well....



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional engineer, with the intent of making a...



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