



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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Reviews

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-- **Dr. Marie Ebert**

Relevant Books



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...



Oxford First Illustrated Maths Dictionary (Paperback)

Oxford University Press, United Kingdom, 2013. Paperback. Book Condition: New. 234 x 180 mm. Language: English . Brand New Book. The Oxford First Illustrated Maths Dictionary supports the curriculum and gives your child a head start in understanding first maths concepts. Organised...



Design Collection Revealed: Adobe InDesign CS6, Photoshop CS6 Illustrator CS6 (Paperback)

Cengage Learning, Inc, United States, 2012. Paperback. Book Condition: New. 236 x 190 mm. Language: English . Brand New Book. THE DESIGN COLLECTION REVEALED provides comprehensive step-by-step instruction and in-depth explanation for three of today s most widely used design and layout...



Oxford Very First Dictionary (Paperback)

Oxford University Press, United Kingdom, 2012. Paperback. Book Condition: New. Georgie Birkett (illustrator). 234 x 182 mm. Language: English . Brand New Book. A fully illustrated alphabetical first dictionary for 4-5 year-olds. A fresh new look for the Oxford Very First Dictionary...



Fifty Years Hence, or What May Be in 1943 (Paperback)

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...



The Birds Christmas Carol (Paperback)

BOOK JUNGLE, United States, 2009. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin was an American children s author and educator. She started the first free kindergarten in San...