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Healthy Living Planner: Live a Healthy Life - Every Day!

By Michael Csoff

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Get your healthy lifestyle started! ** Thematic journal / notebook ** Unique concept. Simple and effective: REDUCED TO THE ESSENTIALS OF A HEALTHY LIFE! Also ideal to support weight loss. Not linked to any specific diet system. Living a healthy life does not have to be complicated. Actually, the basic elements of living healthy are known by everyone: Various everyday movement Fresh, natural food And regular enjoyment relaxation. International research and good sense agree on that unanimously. However, our lives are different most of the time: We eat fast and highly processed food, we sit for hours every day, there is little movement and almost no exercise, we seldom take time to consciously relax. The knowledge of the different aspects of a healthy lifestyle is in our minds; what is missing in many cases is the daily implementation. This is where the HEALTHY LIVING Planner comes into play! This newly developed planner helps you to finally take action in the fundamental areas of MOVEMENT, DIET and RELAXATION Plan your healthy and active day in only a few central...



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