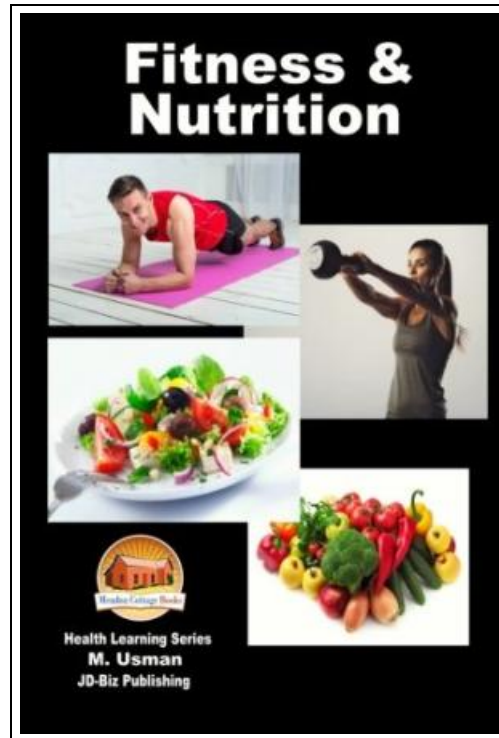


## Fitness and Nutrition



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## FITNESS AND NUTRITION



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: What Is Nutrition? Chapter # 2: The Link between Fitness and Nutrition Chapter # 3: How the Body Uses Energy Chapter # 4: Nutritional Guidelines Chapter # 5: Activity-Specific Nutrition Chapter # 6: Vegan Nutrition Chapter # 7: Reading Food Labels Chapter # 8: Tips for Exercising Chapter # 9: Tips for Staying Motivated Chapter # 10: Avoid Nutritional Deficiencies Conclusion Author Bio Publisher Preface There is nothing elusive about staying fit. The problem is that many people are simply unaware of what must be done to maintain good health. Our poor lifestyles are the roadblocks keeping us from achieving optimum fitness. One-half of the problem has to do with our diets that are mostly filled with junk. Unfortunately, eating like this keeps our fitness goals from being nothing more than dreams. This type of food has no nutritional value and is usually filled with more calories than we need. Additionally, we have come to love a sedentary lifestyle, and much of our time is spent watching TV or surfing the internet. But, for your information, poor nutrition and an inactive lifestyle are the two things making us this way. Thanks to these two, the majority of us are now sick. But, most importantly, there is no way anyone can stay fit living this way. In this book, you will learn the reason why eating healthy foods is the answer to staying fit. Furthermore, we will look at the need for physical activity and its link to nutrition. You will also discover the type of foods you should eat and the ones you should avoid. There are a...



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