



Fitmeals: Eat Healthy Stay Fit: Eat Healthy Stay Fit (Paperback)

By Sebastien Leria

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fitmeals is not just any other ordinary fitness and nutrition book that you can comfortably leave aside for later reading. Coming directly from an athlete, a health and fitness expert, this book unlocks some invaluable nutrition facts and recipes which show you a path to happy, healthy living. Summary of Fitmeals: Eat Healthy Stay Fit The book has a killer line: MAKE YOUR BODY AN ALLY, INSTEAD OF AN OPPONENT. The moment you stumble upon this particular line in the beginning of this book, you know you are up for some interesting and useful information. In this book, many food and fitness related myths have been busted in a very practical manner. The author has given straightforward and honest answers to every potential question along with sound solutions to help readers get rid of confusion, misconceptions and misinformation. While many health books suggest eating less to remain in the best shape, this book clearly indicates that not eating less but eating more is a key to fitness. It also talks about different body types to help a reader to...



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