



Paleo Girl: Take a Leap. Empower Yourself. Be Awesome

By Leslie Klenke

Primal Nutrition. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.9in. x 6.9in. x 0.7in. Ok, lets be real -- your teen years are literally laying the groundwork for the adult you will become. I totally understand that its easy to get caught up in the chaos of schoolwork, the drama of boys, and the peer pressure you face from sun up to sun down, but as a teenager, this is the time to focus on you. A you built upon a foundation of true happiness and optimal health. The Primal Teen does exactly that. Its a health, fitness, and lifestyle survival guide for the modern girl. Written in a voice unlike your boring textbook from third period health class, The Primal Teen is like chatting with your closest friend. As you flip though its magazine-like pages full of photos and must-knows, you will discover: What it means to be Primal, how to eat a Primal diet, why fats, carbs, and protein matter, and a 7-day eating guide. An approach to Primal fitness, a step-by-step guide to stretching and exercise moves, and a 7-day workout plan. The importance of sleep, play, and sun, and how to stay ahead of the pack...

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