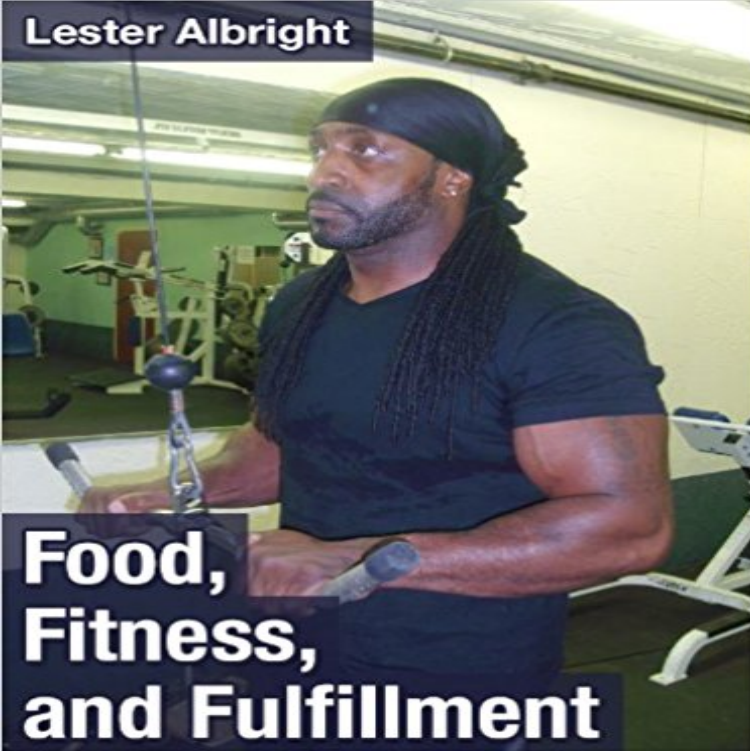


Food, Fitness, and Fulfillment



How can we create a healthier lifestyle through dieting? How can we achieve the mobility that we desire? What are the effects of what we put into our bodies? Food, Fitness, and Fulfillment offers the total package needed for overall health. In this book, you will learn how to:

- * Increase your cardiovascular performance as well as strength-endurance using the routines provided.
- * Reap long-term health benefits for a better life.
- * Learn what foods you can use to strengthen your muscles and joints.
- * Increase motivational endurance by keeping conscious of long-term health.

This book is written by a life-long fitness devotee who has benefited from this knowledge and is inspired to pass it on. Imagine the sight of your loved ones benefiting from the knowledge that YOU yourself have absorbed from this book. This book is designed to help maintain longevity and endurance of muscles, joints, and organs through health-consciousness as well as dieting and fitness, resulting in a more active and durable life. Through this, we can encourage our family, friends, and loved ones to do the same. Because, as most people believe, that without our health, we have nothing at all. And with great health, we have everything. I am hopeful that I may encourage others through my actions to focus on their future health as well.

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