



# **The Big Book of Health and Fitness: A Practical Guide to Diet, Exercise, Healthy Aging, Illness Prevention, and Sexual Well-Being**

*Philip Maffetone*

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Taking control of your health and well-being is a necessary and personal journey. From teens and parents fighting obesity in America, to aging baby boomers refusing to go quietly into the dark night—everyone can stay fit, healthy, and active for many years to come! This book lays out a sensible and holistic road map that makes health and fitness an ingrained part of your lifestyle, and an easy-to-achieve goal for both men and women at any age.

For more than three decades, Dr. Maffetone has been treating and advising patients, coaching athletes, lecturing worldwide, and writing books about the importance of self-health care. Topics covered in his latest book include how to make healthy dietary choices, obtain the best nutrition from real food, avoid illness and disease, and learn to listen to your body. Also learn the dangers of common dietary supplements, fat-burning exercise for weight loss, reducing stress, controlling inflammation, having a healthy and fulfilling sex life, and much more. Maffetone expertly guides the reader step by step through each topic and provides simple health surveys to help you better understand how the body works and what to safely do if a problem or symptom arises during your fitness or dietary regimen.

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The reason why? Because this The Big Book of Health and Fitness: A Practical Guide to Diet, Exercise, Healthy Aging, Illness Prevention, and Sexual Well-Being is an unordinary book that the inside of the guide waiting for you to snap this but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of rewards than the other book possess such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I had been you I will go to the reserve store hurriedly.

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