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Vigorous Vacation, Vibrant Health: Get Fit Fast Around a Place Like This

By Andrew McGown

AUTHORHOUSE, United States, 2004. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A Full-Court Press (FCP) approach to health repair is recommended. It consists of five primary areas: diet, medical monitoring, metabolism optimization, nutritional supplementation, and intense and varied exercise. The five secondary areas are mental stress reduction, behavior modification, emotional fulfillment, psychological self-image adjustment, and spiritual peace. The Try a Low-Car Diet! chapter explains some critical issues to look for in choosing a diet plan. Medical Monitoring identifies recommended steps for the doctor and patient to take individually and together to accelerate health improvement. Metabolism Optimization focuses on medical and dietary means to hasten a sluggish metabolism. Nutritional Supplementation advocates ingesting a comprehensive vitamin/mineral supplement, potential individual supplements, and drinks derived from green and fibrous plants. Why Combine Hiking and Other Exercise? advocates day-hikes as the core portion of a diverse exercise program. Yoga, swimming, resistance training and biking are discussed as adjunct exercise, with a focus on safety issues. Why Is the Right Location So Important? shows how identity change is central to radical weight loss. Good and bad hiking location characteristics are discussed; the Lake Tahoe area...



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