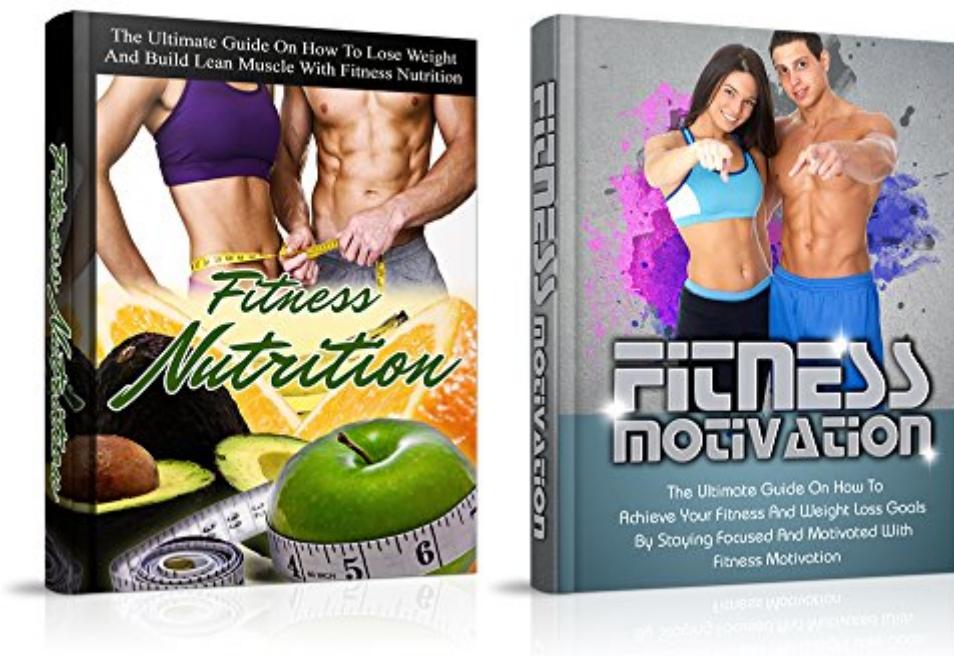


The book was found

Fitness: Fitness Nutrition And Fitness Motivation: Ultimate Guides To: Health, Nutrition And Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)



Synopsis

GET IN THE BEST SHAPE OF YOUR LIFE AND ACHIEVE ALL OF YOUR FITNESS GOALS!Book 1:Fitness Nutrition: The Ultimate Guide On How To Lose Weight And Build Lean Muscle With Fitness NutritionYES! It is possible to lose weight and build lean muscle just by changing the way you eat!And this book will do just that... learn how to lose weight and build lean muscle naturally and safely, all through nutrition. Admit it, we all want to look better, have a toned body and have 6 pack abs. Everyday millions of people start fitness programs or diets, not only to lose weight but to be healthier and to build muscle to look toned and lean. The problem is many of these people just don't know where to start. And the best place to start... is through nutrition.And NO! This is not just another a diet book. This book is all about eating right, not dieting.This nutrition book includes proven steps and strategies that can be applied simply to everyday life and will teach you EXACTLY how calories work and how to choose the right foods to achieve weight loss and build lean muscle.Here's What This Book Will Teach:How Calories WorkChoose Carbohydrates WiselyGood Fats For Weight LossThe Lowdown On Lean ProteinMeal FrequencyFitness Nutrition TipsCalculating Your Daily Calorie Needs To Lose WeightBook 2:Fitness Motivation: The Ultimate Guide On How To Achieve Your Fitness And Weight Loss Goals By Staying Focused And Motivated With Fitness MotivationStick to your workout or weight loss routine and finally get the results you want!The teachings in this book will give you the tools needed to stay focused and motivated to reach all of your fitness and weight loss goals. Admit it, we all want to be fitter and healthier and everyday millions of people start fitness programs but just aren't able to follow through on their plans. We all know someone who has been there and likely we ourselves have even been there. But if we set goals and hold ourselves accountable to these goals, our chances for success greatly improves! This book will teach you just how to do that and includes proven steps and strategies that will teach you the tasks involved on how to set ideal goals and how motivation will improve your performance.Here's What This Book Will Teach:Importance Of ExercisingHabits Of Successful ExercisersHow Motivation WorksHow To Stay MotivatedHow To Set Fitness And Weight Loss GoalsCreating A Fitness Plan And Staying MotivatedIntroduction On How Calories WorkAct now, don't delay! Take action and get the results you want! DOWNLOAD YOUR COPY TODAY!

Book Information

File Size: 1055 KB

Print Length: 69 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 12, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00OG55JDS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,251,008 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25
in Kindle Store > Kindle eBooks > Teen & Young Adult > Personal Health > Diet & Nutrition #75
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Teen Health #96 in Books >
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Customer Reviews

The New Year tends to get you motivated! In the first book, I was particularly interested in the sections on choosing carbohydrates wisely, understanding the good fats and the information on lean protein. It had a great tip to create meal plans for the whole week too which I will be doing to help keep to task. The author offered some extra bonus recipes too which i'll be looking at to complement those ^ meal plans. What I liked in the second book the most was the habits of successful exercisers - one of the best ideas - don't put your exercise gear away and keeping track of your workout routine; how to stay motivated with "check points

When you do something it is important to know much about it because you might end up missing most of the benefits it offers. This book bundle is great because it gives you two vital elements to great fitness; you've got important nutritional information, and you've got the right motivation to become more fit than you are. The author gives you all the nutritional information you need to know and how you should go about using it; from the complicated mechanics of calories to weight loss. In the other book you learn about how to stay motivated because these can become tiring at first and you may quit without the right motivation. So this book motivates you and teaches you how to motivate yourself. This is a great bundle for anyone who is serious about fitness or anyone looking to understand it.

Do you know how calories work? If you are a nutritionist or a dietician you will have fun reading this book. If you're a beginner or just somecurious person wanting to know about fitness, carbohydrates, proteins, and fats. Calculate your body mass index and computing calories taken by your body or you to have an idea of what to limit or add. There is a chart showing sample of commonly eaten foods and their Glycemic Index. Example Apple is less than 55 of the GI and white potatoes have 70 and up GI. Now you also have to know that fats are either good and bad,good fats from plants and Dairy will help you in controlling your weight. Recommended book!

If you are looking for a fitness box set then this book is written just for you. This is such a complete read. The calorie counts and everything with regards to fitness is all written here. It makes us understand the good fats and the bad fats. I really find this read so helpful and significant to my life because it is not new to me that almost half of the population today suffers from obesity. From reading this book the body you are dreaming is obtainable.

A healthy body will make your mind healthy. Now a days we are very much concerned about the health issues because the unhealthy life style and hectic work schedule giving rise to many problems. Obesity is one such problem from which almost everyone is suffering specially in USA. The nutritional tips and the motivational quotes are given in this book. I have learned a lot from this book and it is the must read book for everyone.

Motivation is such a hard thing to keep up with. I got into the healthy lifestyle a year ago and since then, I've lost 10 kilos. But I want to lose more and this book actually makes sense. It contains proven steps and strategies on how to lose weight and build lean muscle naturally and safely, all through nutrition. It is such a brilliant take on healthy lifestyle and weight loss.

I was really motivated to start working out after reading this box set. The box set includes a guide on how to lose weight and also building muscles safely and naturally. This box set was indeed worth buying, very informative and helpful. So if you also want to be fit, you will find this book very helpful as well.

I really appreciated the information on nutrition. I learned a lot of things about food I had not thought about before. I also liked the fitness portion of the book about staying motivated. I've been exercising for a while and keeping my motivation up is always a factor for me. This book gives me

the mental toughness to continue my workouts and continue to get into even better shape.

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Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) The Beginner's Home Workout Plan: A Basic Fitness Program for Getting Healthy, Building Muscle & Staying Lean Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) The Lean Muscle Diet: A Customized Nutrition and Workout

Plan--Eat the Foods You Love to Build the Body You Want and Keep It for Life! DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Regency Romance Box Set: Love, Lust, Money, Alpha Males, Pregnancy and more (Regency Romance 8 Box Box Set Book 1)

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