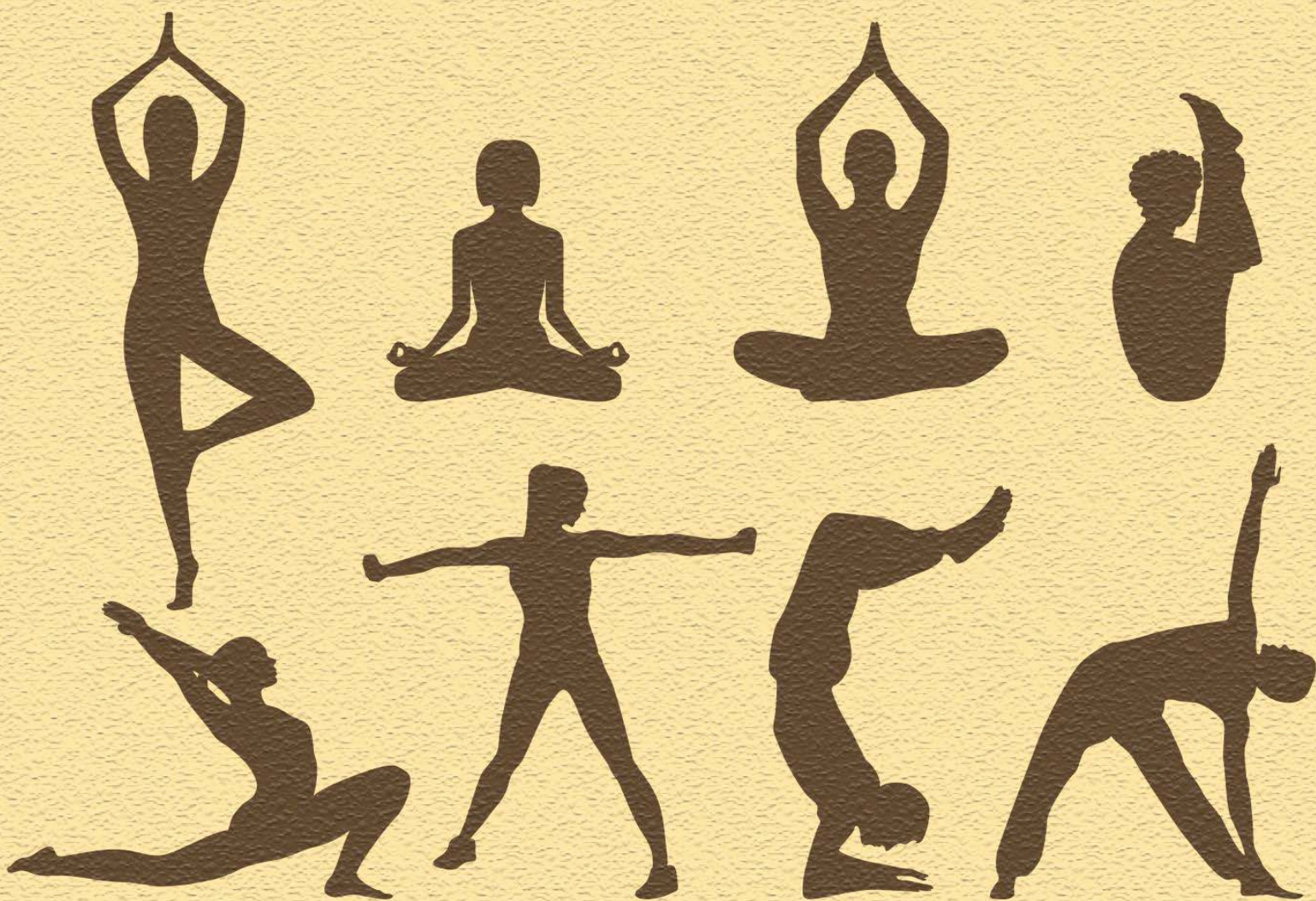


# SHAPE UP

## AND HAVE A BETTER LIFE



# Foreword

Day in day out we keep ourselves absorbed with those things that matter the most to us. A lot of times, it might be just to survive and make a living. In doing so we from time to time disregard or forget about the extra matters that are necessary to balance our lives. They're even more crucial to provide real meaning to our world. You have to pay attention to your health.

Exercise is where it's at, along with a low-fat, high-fiber diet and a wish to move toward good health. Naturally you'll likewise need to cut back on those awful habits, like smoking, drinking excessively, or drug use, which includes over usage of prescription drugs.

There's no magic bullet that will make you lose weight without trying. No particular diet that lets you eat a ton of food and drop pounds quick. No ab-machine or exercise bike that you see in the middle of the night on an infomercial is truly going to make that much difference to you.

We all know the secret to slimming down, right? Eat right, exercise more and keep a positive attitude. Yes, we all know that.

If you ever had a weight issue though, you know it's not really that easy. Eating right is difficult when you're facing steady hunger, when every food that's good for you tastes awful and you're racing full speed

ahead from the minute you wake up till you hop into bed at night making fast food truly tempting. Exercise is time consuming and hard, at times it could even be downright terrible! As for that favorable attitude, well that's relatively easy. Once you get past the hunger pangs and the sore muscles, the fact that you have not eaten anything that you like in a week and a half and have worn blisters, in places better not mentioned, on that bike seat.

After that staying positive is a piece of cake. Well, no, I guess it truly isn't.

Good health comes to those that attend to their Body. When you better your health today health, in turn additional good things will come to you in a lot of ways. Before you know it you'll discover yourself doing things you never did before.

While only the higher power is in control of our earthly life, it doesn't mean we can't attempt to live a healthy and happy life. In attending to our bodies, and having a complimentary life-style, we will live longer...

Do you wish to live longer, happier, and healthier? If you truly wish to, reading this e-Book can help you achieve your goals.....

Get all the info you need here.