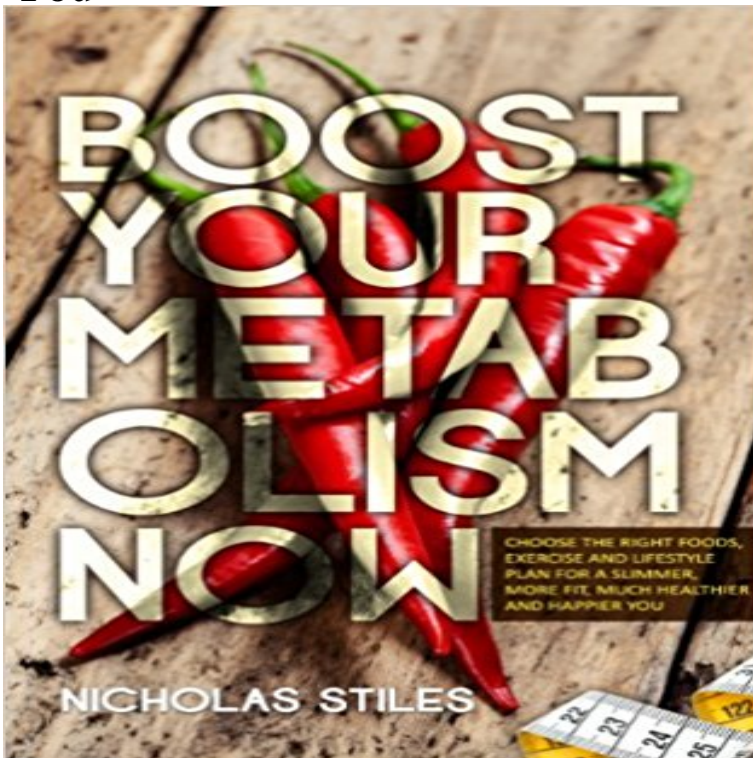


Boost Your Metabolism Now: Choose The Right Foods, Exercise And Lifestyle Plan For A Slimmer, More Fit, Much Healthier And Happier You



If you're interested in losing weight and improving your health, you're probably familiar with the idea that a sluggish metabolism can prevent your diet or exercise plan from succeeding. While it's true that one person's metabolic rate is often very different from the expected average, a slower rate doesn't doom you to failure. By taking some steps to determine how your individual metabolism works, you can tailor your diet and exercise plan to be effective even if your personal rate is a little too efficient. This book will help you understand how human energy metabolism works. It'll also give you the keys to help control your own metabolic rate through goal setting, carefully controlled eating, and the right kinds of exercise. You'll learn how to keep track of your progress and deal with potential pitfalls, and you'll get some examples of how to take control of your metabolic rate on a day-to-day basis. These are the topics that are covered in the book: Introduction Understanding the Metabolic Rate The Importance of Metabolism Control Setting Metabolic Goals Eating for Your Metabolism Lifestyle Changes to Boost your Metabolism Tracking Your Progress Metabolic Control Isn't Easy Examples Of Everyday Life Conclusion Resources and Further Reading

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