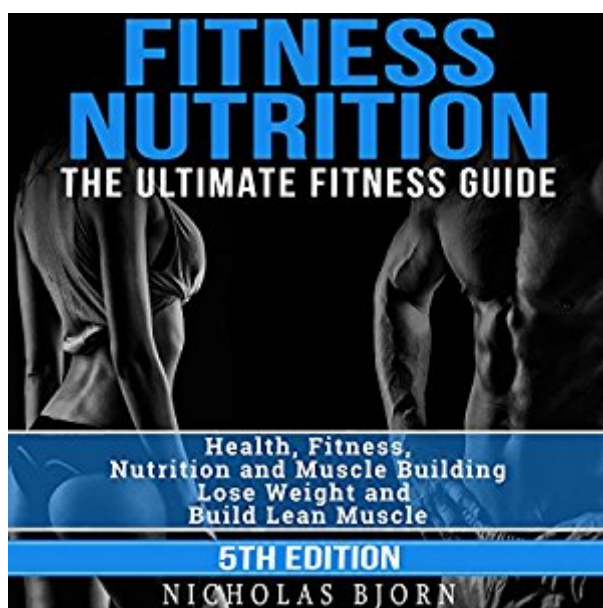


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# Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition And Muscle Building - Lose Weight And Build Lean Muscle



## Synopsis

Everyone knows how important it is to maintain a healthy physique. Often, achieving the ideal body requires you to lose weight and build lean muscle. But how do you do that? To become physically fit, you need to have the knowledge necessary to get you on your way and the motivation required to keep you going. Don't you wish that you can get your hands on an ultimate fitness guide so that you could start understanding your body's needs, lose weight, and stay motivated? Well, I've got good news for you. This book will teach you how your body works and what it needs to lose those extra pounds so that you could achieve and maintain a fit and toned physique. Here's what this book has in store for you: Learn how your body uses calories and what role carbohydrates play in your weight Discover which foods contain good fats and lean protein that could benefit your body Determine what your meal frequency and caloric intake should be Know which exercises you should do to get that toned and sculpted look Plus: Alternative exercise options Delicious muscle-building recipes Effective natural supplements You will never be able to get a fitness guide as comprehensive as this book anywhere else. With the knowledge you will gain from this book, you will be on your way to getting the amazing body that you want!

## Book Information

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## Customer Reviews

The author has provided a great map in this book. I read books on fitness and nutrition regularly to keep my head in the game so I don't get derailed by the constant bombardment of marketing of processed foods we're surrounded by. This book is a great touch point! I've heard that fitness and health are the result of nutrition and exercise. Different people say that these are important in

different combinations. Some say they're equally important. Others put emphasis on one over the other. No matter which you believe, or more importantly which you experience, this book is a nice primer on both eating and working out. Also it was great to see the value placed on walking as well as resistance training. Too many folks bash one and favor the other. We need both. Nicely done!

Getting an amazing body is what most people are very concerned about. Its like a trend that spreads from one person to the other especially when that someone see another person or friend that is in tip top shape. That is why I got this book. I have tried reading several fitness books but are not very well written unlike this one. This is a very comprehensive guide on achieving the ultimate body that a person desires. It even includes other alternative exercise options and muscle building recipes and more. Great book to have.

I have been on my Health and Fitness Journey for a few months now, and am really interested in using my journey to help others that may have difficulties such as I have in my life and journey. I decided to learn all I can about fitness and nutrition, so when I get to a good place in my journey I can look into becoming a Health Coach and help others that have a hard time as I do. This book is great for me, and I got the Kindle version so I can read it on my iPad anywhere I go. It has a lot of great information to help those that are looking to learn more about fitness nutrition.

It is almost Christmas and I am totally out of shape! I have to do what I can to be rightfully fit again! Need to move these muscle and joints of mine despite of the stress that I am getting each day from work. Good thing, I cam across this book right on time. Upon reading the book, I am already getting thrilled on the guidelines that this book contain! Actually, the way it was written is very inviting. One good key of being a writer is to know how to keep your audience to keep on paying attention and Johnny did not fail to do that.I am actually calling up my elder and younger brother while I am writing this feedback. I am inviting them to join me on this workout on weekends. They as well are excited about it. This would be a good bonding time for us all!

This book is an ultimate fitness guide for health, nutrition and muscle building. If you want to achieve your ideal body then this book is a right place that guide and help you to get your goals. This book will teach you how your body works and what it needs to lose those extra pounds so that you could achieve and maintain a fit and toned physique. The author described in complete detail and training to get a healthy physique. Here I also learn alternative exercise options, delicious muscle-building

recipes and effective natural supplements. I recommend this book to everyone who want to achieve ideal body.

This book was so worth it, not only does it provide exercises for each part of your body but it also focuses on the inside of your body. This book has so much information to offer, it talks about the proper amount of calories, fats, carbohydrates, protein that is needed in the body. It helps you figure out what your body needs the most, it has an example on how to calculate the amount of fats, etc your body needs. It also has recipes, like meals and smoothies. I'll apply this tricks well, I recommend this book to everyone.

I want to learn on how I can lose weight in a natural and safe way but I don't know how to start it. This book is perfect for me because it helps me on how I can lose weight in a natural way. It will give us proven steps and strategies on how we can achieve weight loss and how we can build lean muscle. This book will give us an idea on how we can choose carbohydrates wisely. Fantastic book!

This book gives a plethora of information in regards to many aspects of living a healthy lifestyle. Whether you are interested in weight loss, muscle gain or exercising properly (to name a few) this book is sure to have beneficial information for your needs. I personally found the section on carbohydrates very useful, and the yoga exercises were a lovely touch!

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