

This information is what should be taught in schools today, and I know for a fact we would have a more fit, happy, and healthy society. This is a book of science, real-life stories of health struggles and victories, as well as simple steps you can take to radically change your health, body, and mind. Educate yourself, take action, and change your destiny one day at a time with the figureFIT! lifestyle program. The proof is in the science. Gone are the days where people are guessing if something will work - we now have the science to back it up. This book will teach you the science behind your own happiness, health, and fitness levels. Part One = Happy Gone are the days of giving your power away - learn how to take control of your life, your future, your happiness with the figureFIT! mindset training techniques. Part Two = Healthy We are not a byproduct of our parent genes - we can literally change our genes by following the figureFIT! principles validated by science and real evolutionary results. Part Three = Fit Eating less and working out more only destroys the body, mind, and spirit. Learn how to effectively train the bodys energy systems, and in doing so, youll learn how easy it is to burn off extra body fat, gain muscle, and build a faster metabolism, all while becoming fast, strong, and powerful in your own body in minimal time.

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