



Journey to Fitness: A Guide for Planning YOUR OWN Personal Fitness Program of Balanced Eating and Exercise

Art Dragon

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EAT RIGHT AND EXERCISE

Simple advice for staying fit, but subject to many interpretations

- Have you been unable to truly find meaning in this simple yet powerful phrase?
- Are you struggling to take control of your fitness level?
- Have you lost weight on diets only to quickly gain it all back and then some?

If so, then take heart that success is finally within reach. This concise and easy-to-follow book presents a fresh new approach to help anyone, in any condition, improve his or her fitness level.

"Imagine-then live-the level of fitness you have always wanted!"

Embark on a *Journey to Fitness* to discover your own personal meaning to 'Eat Right and Exercise', and to plan a customized fitness program around **YOUR** favorite healthy food and exercise choices.

Find out how to easily:

- Build a personalized fitness program
- Overcome the biggest hurdle of all-actually getting started
- Survive on five meals a day while still controlling your weight
- Get and stay motivated

Reaching YOUR Destination

An occasional surge of exercise and crash dieting will not provide the permanent results you seek, because lasting fitness requires a little effort each day. Then as your fitness level improves, your attitude changes from **NEEDING** to *get fit* to **WANTING** to *stay fit*.

You may not detect the subtle improvements in your body from day to day, but others will take notice and comment on how great you look.

All of a sudden, your clothing will start fitting better.

Your exercise workouts, and everyday physical activities in general, will seem easier.

You may feel as if you have actually slowed the aging process, or even turned back the clock.

"If you are not currently eating right and exercising, you soon will be!"

Art Dragon has taken the same organized, common sense approach to fitness as with balanced eating in his

first book *Balanced Eating Made Easy with the Food Balance Wheel*. This time out, he helps the readers discover their own path to the often-elusive goal of lasting fitness.

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Coleman Bailey:

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Marco Manuel:

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