



# Ace Your Health: 52 Ways to Stack Your Deck

*Theresa Albert*

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## **Ace Your Health: 52 Ways to Stack Your Deck** Theresa Albert

With our fast-paced lives, it is no wonder more than 50% of North Americans are overweight or obese, and there are record numbers of diabetes, heart attacks, strokes, and cancer. It is time to find a better way to live. **Ace Your Health** takes a huge topic and boils it down to simple, small shifts that you can easily integrate into your daily routine. The clever concept uses the fact that there are 52 weeks in the year and 52 cards in a deck. This book helps you "play your cards right" by making one simple play per week, and walks you through a year towards improved overall health.

Each "card" lays out a concise, accessible explanation of why you want to make this shift and what background information you need to know. Then, it follows up with a real life assignment on how to apply this new knowledge and ends with a dead easy, crazy tasty recipe. While the spades, hearts, and clubs sections focus on food and eating habits, in the diamonds section you will find advice on sleeping better, reducing stress and anxiety, stretching, and many other aspects that will help round out a new healthier (and happier) lifestyle. You will never again be gambling with your own life once **you Ace Your Health**.

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