



Ways to Stay on Track of a Healthy Lifestyle: Change Your Health. Change Your Lifestyle. Become Great! (Paperback)

By Sherman C Mathis

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is your resource to achieving your overall health goals. In Ways to Stay on Track of a Healthy Lifestyle, Sherman outlines the steps you need to take to stay on the journey to the healthy lifestyle you want. He simplifies your journey by bringing awareness of possible roadblocks that may be causing your journey to become stagnant. In this book you will: -Identify your priorities and commitments -Become aware of your belief systems - Create an individualized strategy -Tap into your desire/motivation -Learn how to get your priorities straight -Learn how to make your health your number one priority -Learn how to visualize your success -Figure out your how your body responds -Learn to harmonize to synergize -Learn how to stay sharp, focused, and maintain balance -Learn how exercise can make a difference -Understand why getting enough sleep is so important -Learn why you stay away from substance abuse -Learn why you should keep track of your calorie intake Included is the ultimate secret to overcoming anything that threatens to come in between you and your ability to reach your overall health...



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