



Achieving Physical Wealth: 8 Simple Steps for Breaking The Rules of Staying Fit

Heather Moreno

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We all know what The Rules say: "No pain, no gain." "A moment on the lips, a lifetime on the hips." Frustration, guilt, and even grief are all too often the results of following these Rules of fitness. In her groundbreaking new book, *Achieving Physical Wealth*, leading fitness expert, and the president of PeopleFit USA, Heather Moreno, demystifies the Rules of getting fit and does away with them, once and for all. Packed full of commonsense strategies and principles for getting and staying fit, Moreno reveals eight simple steps for achieving true Physical Wealth in your life without the guilt, without the grief. Key results you will find from reading this book: - How to abandon the all-or-nothing mentality - Lose weight and keep it off without dieting - Adapting exercise to your busy schedule - Techniques for making exercise fun & effective - How to spend your calorie money wisely - Develop a holiday sanity plan for exercising - Apply the three C's of Physical Wealth to your life



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