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(Mikayla Romaguera)

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Rory Media, United States, 2014. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Write down your goals, track your fitness and nutrition, and watch your body transform. As you work to improve your health and fitness you may be confused or discouraged by a barrage of ads for a bewildering array of products, diets, and exercise programs. However, one of the most important steps you can take is simple: keep records of what you eat and when and how you exercise. Studies have shown that participants who kept daily food records, documenting every meal and snack they consumed, lost twice as much weight in a given time as participants who did not. Documenting your nutrition requires you to be conscious of what you eat and drink. This awareness makes you less likely to eat mindlessly because you re tired, bored, or discouraged. Food journaling also gives you a clear, objective record of how closely your actual consumption matches the healthy goals you have set for yourself. Instead of feeling guilty about eating too much you can see what changes you need to make and what you re already doing well. Logging your daily and weekly exercise also helps to boost your fitness by giving you an objective read on the gap between your healthy goals and your current practice. If you keep track of what you re doing -- such as strength training, cardio, or outdoor activities -- while remembering what you want to do, you have a greater incentive to change your daily life so that it meets your goals. FITMAKER Fitness Journal allows you to record your daily fitness and nutrition for 90 days. Once you complete your journal, go back and check your progress, plan your next...



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