



## Ten Commitments to Be Forever Fit

By Machiel N. Kennedy

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Ten Commitments to Be Forever Fit, Machiel N. Kennedy, This book takes a holistic approach to weight loss and health that begins by focusing on the whole inner you. Dr. Kennedy invites you to see yourself as a whole person - physically, emotionally, mentally and spiritually, and to make an inner commitment to help and well-being. Take charge of your life: set reasonable goals, stay motivated, be accountable for your actions, eat healthy foods in moderation, get plenty of physical activity and exercise, avoid junk food, attend to your spiritual growth, get enough sleep, breathe deeply, relax, have fun, and stay true to your goal to be forever fit.



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