



Puzzles Games - Weight Watchers - Learn More about Diet Health (Paperback)

By Sophia Seeds

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This is fun Health Quiz Books for all weight watchers. As you answer these 30 questions, you will learn a lot about nutrition and how to eat healthily and nutritiously. These questions help you think and choose the right food to eat daily, and how to control your weight. Here is a sample question: Question: The key area to a balanced approach to weight loss includes: a. exercises and good sleep b. diet and exercises c. diet, exercises and motivation d. diet with good sleep As you can see the multiple choice answers are quite similar and you can only choose one. Hopefully as you wrestle with each answer, you will become more focused of what you need to do to take action. I also give you the correct answer with explanation. The correct answer to the above is c because you need all 3 - diet, exercise and motivation. Diet must accompany with physical fitness through exercises, which will help speed up your metabolism to help you with weight loss. You need motivation to be able to...



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Reviews

Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.

-- **Mrs. Macy Stehr**

It in one of the best book. Better then never, though i am quite late in start reading this one. You wont feel monotony at at any moment of the time (that's what catalogues are for regarding in the event you check with me).

-- **Dr. Kristin Dickens**