

90 Days to a New You: Total Body Makeover

Dr. James Tindall



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This book will empower you to become your own fitness, training, and nutrition expert. If you would like to lose 20-30 pounds in 90 days, this book is for you. It will teach you how and why to follow specific guidelines for fitness and nutrition. But most importantly, it will help you transform your physical self—in 90 Days to a new fit you for a total body makeover. Best of all it requires only a consistent personal effort—not hundreds or even thousands of dollars—this book is a do-it yourself recipe. You will learn: • The 7 Keys of Weight Loss • The Big 7 Health and Fitness Myths • The Power of Commitment • The Keys for Weight Control • How Much, What, and When to Eat • The Enemy of Weight Loss—Sugar • The Basics of Nutrition and How to Plan a Menu • Much More The book also includes one month of pre-planned workouts with access to an additional 2 months of free workouts to complete your 90-day program. What are you waiting for? Start your total body makeover today!

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