



## Festive Food With Fitness

*Lorraine Barwick, Mia J Kacen*

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**Festive Food With Fitness** Lorraine Barwick, Mia J Kacen

Festive Food With Fitness is book #1 in the Food With Fitness series.

First book authors, Mia J Kacen and Lorraine Barwick are award-winning health experts coming together for the first time.

Their debut book, Festive Food With Fitness explains how they eat healthy and have fun with fitness, and how you can too this festive season!

It in you'll learn:

- Tips, tricks, recipes and exercises for healthy holiday eating that will help you minimise stress and stay active during the holiday season.
- How to create simple, delicious and nutritious foods for the festive season – complete with a shopping list and step-by-step instructions, catering for gluten, dairy and refined sugar-free diets.
- How you can safely exercise in the comfort of your own home, by creating your homemade gym – with minimal startup costs; to performing fun exercises, with easy to follow checklists and progressions that will start getting you in shape for as little as 5 minutes a day!
- Why giving yourself the gift of health and happiness this festive season can introduce you to a whole new world that can actually change your life for the better as you head into 2016.

"A fantastic debut book by Lorraine and Mia J Festive Food With Fitness is full of wonderful practical advice, illustrated through beautiful recipes and simple exercise tricks, that empower reader to be the next version of themselves."

Marie-Antoinette Issa, Freelance Journalist

About the authors

Together they are award-winning health experts with over 20 years of professional experience in the health and wellness industry.

Separately, Mia J Kacen and Lorraine Barwick have helped thousands of people lead happier, healthier and longer lives over the past 10 years.

You can call them "wellness revolutionaries" as they have made significant contributions to wellness – changing our aging population for the better one person or patient at a time.

Their combined contributions towards the prevention and management of chronic diseases, as well as Lorraine's accomplishment of overcoming Lyme disease, serve as an inspiration to future generations.

As 63% of the adult Australian population are overweight (AIHW), 1 in 4 Aussie children are overweight

and 60% of Australian adults do not exercise enough to meet the current physical activity guidelines, Mia and Lorraine re-visit the ever changing wellness landscape each week, digging into these problems by coaching people to make small, everyday, positive lifestyle changes to improve their quality of life and lessen the burden of disease.

Mia and Lorraine are revolutionary entrepreneurs in health, but what matters most to you is that they are just like you, trying to fit healthy into a busy schedule. Their one big point of difference – they understand how to shape helpful advice into books that people want to buy.

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