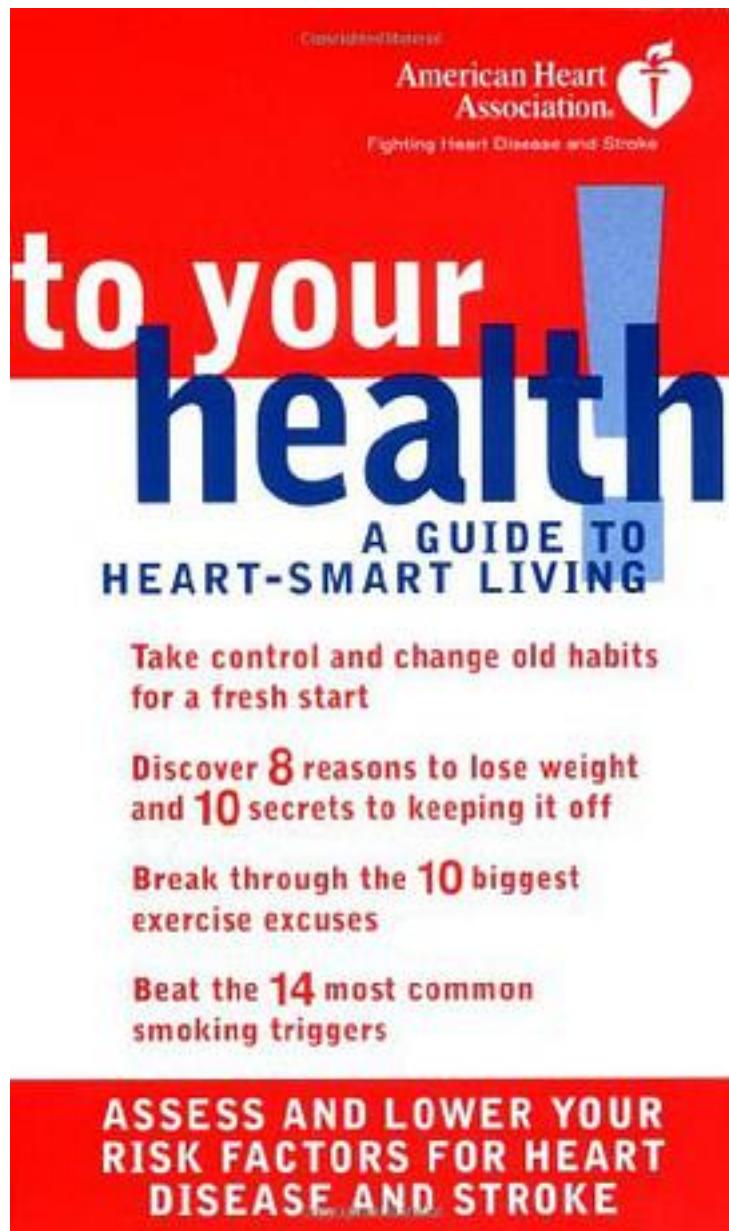


American Heart Association To Your Health!



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Whether you're a couch potato, diet dropout, or heavy smoker, it's hard to change old habits. But with this step-by-step guide, you can do it!

You'll learn how to set realistic goals and follow through on them, plus stick to your new healthful habits. Stories of how other real people overcame the same hurdles will motivate you.

- * Find physical activities that are fun for you. Reward yourself in healthful ways for your fitness achievements.
- * Create a personalized eating plan that you can really live with
- * Learn how to identify your most common smoking triggers. Discover ways to beat those urges and kick the habit for good.
- * Find out how to get reliable information and become proactive about your health.

This friendly little book is filled with tips and can help you change for the better. You'll take charge of your health and celebrate again and again. To your Health!

作者介绍:

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