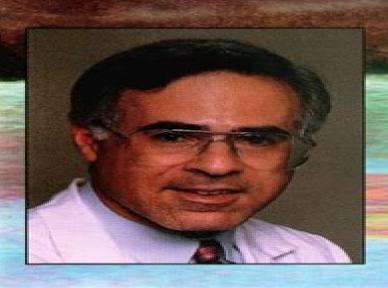
Making Healthy Lomorrows



Cardiac Fitness and a Healthier Lifestyle

Dr. Barry Franklin

<u>Making Healthy Tomorrows Cardiac Fitneb And A</u> <u>Healthier Lifestyle</u>

Martin Juneau

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Making Healthy Tomorrows Barry A. Franklin, 1993 Positive Mind, Healthy Heart Joseph C. Piscatella, 2010-01-28 Here s the problem 17 million Americans suffer from heart disease and every year 1 million of them will be just lucky enough to survive a heart attack They know they must change their lives their diet their stress the amount of exercise they do And not for a few months but forever Most don t do it What they need as much as low fat recipes and fitness plans is daily motivation a reassuring yet no nonsense guide to staying the course to heart health Here's the solution From Joseph C Piscatella one of the longest surviving bypass patients in the U S 31 years and counting comes a supportive generous think positive book that shares the secret of his extraordinary success This is the stuff that kept Joe going a year long selection of motivational stories inspirations quotes wisdom meditations tips and more When it s 5 00 A M and raining outside and you re tempted to skip that morning jog remember runner Bob Ireland a Vietnam vet who lost both legs in the war yet finished the New York marathon using only his arms the first person ever to do so Think little things don t make a difference Take a lesson from golf An average of less than 1 5 strokes per round in the 2002 season made a 5 6 million difference in earnings between 1 golfer Tiger Woods and 10 golfer Sergio Ggarcia And why a book of everyday entries People often say that motivation doesn't last Well neither does bathing that's why we recommend it daily Zig Ziglar **Beating for Life** Anthony Val, 2023-12-23 Beating for Life Maximizing Heart Health for a Vital Tomorrow In an era of busy lives increased stress and ever evolving lifestyle choices the health of our hearts has never been more critical Beating for Life Maximizing Heart Health for a Vital Tomorrow is not just a book it s a comprehensive guide to preserving one of our most precious organs the heart This guide designed for everyone from young adults to seniors explores the significance of heart health offers actionable advice and empowers you to make heart conscious choices The Importance of Heart Health Our hearts are the vital engines that keep our bodies running They tirelessly pump blood to nourish our organs and keep our systems functioning Heart health isn t merely a concern for older adults it affects us all regardless of age or lifestyle Neglecting our heart's health can lead to a range of issues from high blood pressure to heart disease and strokes Benefits of Beating for Life Beating for Life is a source of empowerment and knowledge offering a range of benefits to its readers 1 In Depth Understanding This book provides an in depth understanding of the heart its functions and the factors that impact its health By demystifying the complexities of heart health it equips you with valuable knowledge 2 Actionable Advice Discover practical science backed advice on nutrition exercise stress management and other factors that play a pivotal role in heart health These actionable recommendations are designed to be incorporated seamlessly into your daily routine 3 Personalized Approach Beating for Life recognizes that each person s journey to heart health is unique It provides a personalized approach helping you tailor your heart health regimen to your specific needs 4 Inspiring Success Stories Throughout the book you ll find inspiring stories of individuals who have transformed their heart health by following the book s guidance These success stories serve as

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