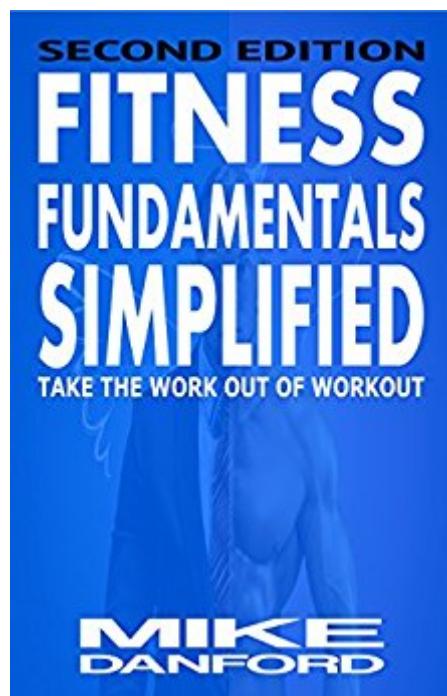


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# **FITness FUNdamentals Simplified: A Simple And Easy Approach To Exercise And Working Out**



## Synopsis

Get Ready to Start Making Health and Fitness Both Easy and Fun!Read on your PC, Mac, smart phone, tablet or Kindle device.Forget the old concept of sticking to meal plans and over-complicating fitness. Whether you desire eating what you want, putting the fun back in fitness, or simplifying your healthy lifestyle, FITness FUNdamentals Simplified is the answer.No more tips and tricks that don't get you results. Just pure fundamentals that are guaranteed to help you achieve your health and fitness goals.FITness FUNdamentals Simplified reveals Mike Danford's simple approach to living healthier for a lifetime. His fundamentals are delivered in such a way that makes readers want to do what Danford says.Danford debunks all the hype of restriction in nutrition and shows you how to simplify your approach to fitness. He takes the work out of workout by focusing on big wins for big results. All while minimizing your need to sacrifice.His method is smooth with ideas that are commonly overlooked.Top 5 Takeaways1) How to lose fat and keep it off, for life!2) By doing less you can actually make your fitness goals more sustainable. This is the absolute core to personal health and fitness.3) How you can eat "cheat" foods in social settings such as from your favorite restaurant. This will blow your friends' minds. They will wonder how you "cheat" every time they are around and still stay healthy, guaranteed!4) The importance and power of knowing what your favorite foods and exercises are. This will enable you to enjoy your favorite foods and have more fun while exercising.5) By focusing on the big wins you will notice bigger results, especially in the long-term. No more shiny tips and tricks that really don't make any differences!And much, much more!Download your copy today!If you share Mike's desire to get fit and stay fit, then you won't want to put FITness FUNdamentals Simplified down.tags: Nutrition for Dummies, Exercise Workout, Exercise and Fitness, Exercise Diet, Exercise, Nutrition, Simple Fitness, Easy Fitness.

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## **Customer Reviews**

Since starting my fitness journey six months ago, I've been trying to learn as much as possible about my body and the way it works. I have been using fitness as a coping tool for my anxiety. When I picked up this book, I couldn't set it down! This is the first fitness book that can make a difference in my journey. I am an It Works distributor and I know that fitness is key to helping our products work. I will definitely be recommending this book to my clients. Thanks for such a simplified look at it!

Exercise and fitness have become bane of my existence. I don't know that I'm a lazy person, I just choose to devote my energies to other things and have a lot of difficulty making time for this. That being said, I always feel better after exercise. Imagine that. Mike Danford has written a book that feels like it is just for me - with ideas to simplify fitness, make it fun, still eat the foods that I want, and get results. This sounds impossible but it's really not and Danford explains in clear language just how this can be accomplished.

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Well, this book is relatively useful and honest. It doesn't contain any unique knowledge and approaches, just a common sense and experience from the man, who are not familiar with the topic/have special knowledge, but just wise. I found no special or deep knowledge! I found no WRONG recommendations or b\*\*itting! I found experience description and common sense. So, can recommend.

This book was such a help for me. It is well written and fun to read and offers easy and effective ideas for someone wanting to lead a healthier lifestyle. I love the fitness challenges and dietary suggestions, any little bit of motivation helps and this book really breaks it down in simple language for even the newest beginner. I'm passing it on to my son next and I think he's really going to enjoy it. This is definitely one I'll keep going back to. I received my copy free for review and feedback purposes but my review is solely based on my personal opinions formed from reading it.

I like how this is an easy read book. The fact that the information is simplified makes it easily for me to implement this information into my life. If the information was not simplified like it was in this book, I would not be able to read the whole book or use any of the tips. I am trying to be more healthy and this book is helping me understand how to do that. This is an excellent book and I highly recommend it. I received this ebook for free in exchange for my honest and unbiased review.

This book provides good information for people willing to get their active fit life together. I like parts of it because it gives me info that I never knew before. Not a book for experts out there since they would probably know everything about the topics explained in this book. Overall an okay book on info about fitness and its supplementals

This book is well written. It rules out those strict diets and gives practical nutrition and work out plan--the plan you can really stick to. Also, the writer clear the misunderstandings of those complicated plans and tips for fitness. Instead fun and simplified principles, practical routines are given. It is a very good book for the starters.

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