

Getting Fit With Food

Author: Shana Lee Conradt

Self-Published August 2010, Appleton, Wisconsin

128 pages; full color, perfect bound; \$19.99

ISBN: 978-0-615-37381-2

www.getfitwithfood.com

(920) 427-0512

shanaleeconradt@gmail.com

The Way You Eat Is the Way to Get Fit

Change takes work...hard work. It also takes focus, drive, determination, passion and the ability to understand that **everything** is a choice.



If you are strong enough, it's time to make the choice to put forth the work necessary for you to reach your goals. A fitness plan, healthy lifestyle change or weight-loss goal begins with concentrating on how you eat and the way you are fueling your body.



But healthy eating doesn't have to be boring and that's exactly what *Getting Fit With Food* will show you.

With 101 healthy eating recipes from appetizers to main dishes to desserts (yes, even desserts), you will find the inspiration to eat right and in the process, get fit and healthy. You also have choices if you're following a restricted diet, including:

- 39 low-carb recipes
- 53 gluten-free choices
- 19 vegetarian meals

Life is about being aware of and willing to engage in continual growth, recognizing and reacting to opportunities, and embracing experiences. Take part in discovering or rediscovering all three of these keys to success in your own story.

