



# **Healthiest You Ever: 365 Ways to Lose Weight, Build Strength, Boost Your BMI, Lower Your Blood Pressure, Increase Your Stamina, Improve Your Cholesterol Levels, and Energize from Head to Toe!**

*Meera Lester, Murdoc Khaleghi MD*

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Good health means making good choices every day--and with this book, you can get fit and happy, one choice at a time. With daily advice and tried-and-true tactics for every aspect of health, you'll reach your optimum level of well being--from head to toe:

**Monday:** Go meatless on Mondays

**Tuesday:** Do push-ups to strengthen your core

**Wednesday:** Sign up for a foreign language class--and stimulate your brain

**Thursday:** Incorporate interval training into your run to build endurance

**Friday:** Take a yoga class to build flexibility

**Saturday:** Play a game of pick-up basketball with your best buds

**Sunday:** Take a nap on the afternoon for some much-needed Zs  
With this book, you'll have the advice you need to make this the year that you truly do get healthier every day in every way!

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