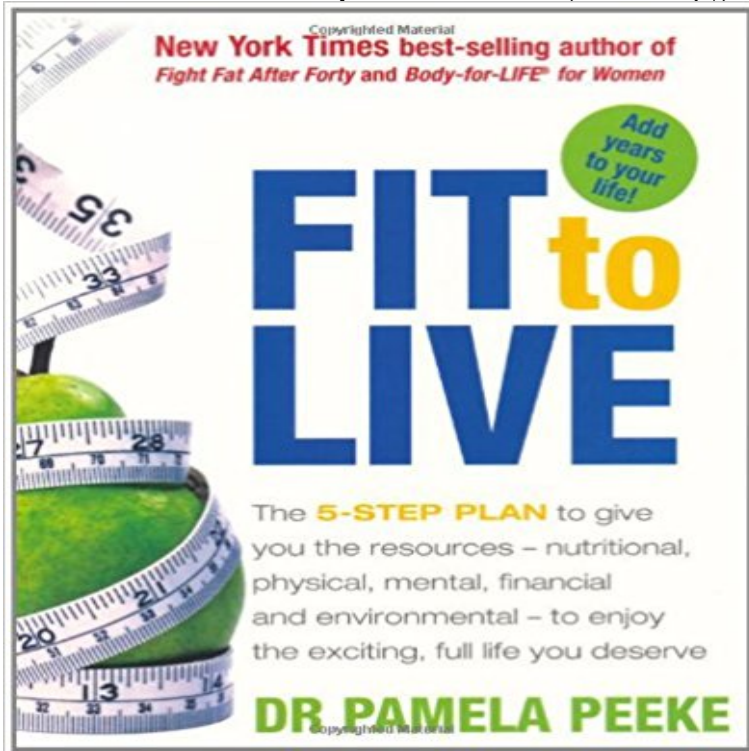


Fit to Live: 5 Steps to a Slim, Strong, Confident You



Pam Peeke's latest book is a wake-up call to everyone who has let modern life get the better of them. It asks the reader if they are in a very real sense Fit to Live, and shows them the road to a fitter, healthier body and a more dynamic life. Fit to Live offers readers the chance to assess their current health and lifestyle, and then take action to improve their wellbeing and their future health. The book begins with a series of tools for assessing the reader's physical and mental fitness as well as the state of their finances and environment. Pam Peeke reveals the consequences of the reader's current lifestyle, offering research-based, sometimes disturbing predictions of their long-term health in five key, interrelated areas: mental, nutritional, physical, financial and environmental fitness. The book then shares Peeke's 5-point plan for a diet, fitness and lifestyle programme that will allow readers to create a body and a way of life that is truly fit to live. After 4 weeks following this plan, readers will feel calmer, will weigh less, will have stronger bodies and better muscle tone, will feel more secure in their environment and will even be on the path to greater financial security. They'll become truly fit to live more dynamic, exciting and longer lives.

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