Tone and Tighten's Beginner's Guide To Weight Loss

Contents

Introduction

Section 1 - How To Lose Weight How To Lose Weight (2)

Section 2 - Metabolism 10 Ways To Naturally Boost Your Metabolism (9)

Section 3 - Diet

How To Eat Healthier (15) 8 Rules of Healthy Eating (18) 10 Ways To Naturally Decrease Your Appetite And Keep Your Diet On Track (22)

Section 4 - Physical Activity

50 Ways To Increase Your Daily Physical Activity (27) 10 Simple Ways To Increase Your Workout Motivation (31) How Often Should I Workout? (36)

Section 5 - Putting It All Together

Putting It All Together (39) How To Make (And KEEP!) Successful Fitness Goals (42)

Section 6 - Healthy Recipes

Breakfast (48) Lunch (49) Dinner (50)

Section 7 - Workouts

Workouts (54)

Conclusion (59)

Disclaimer