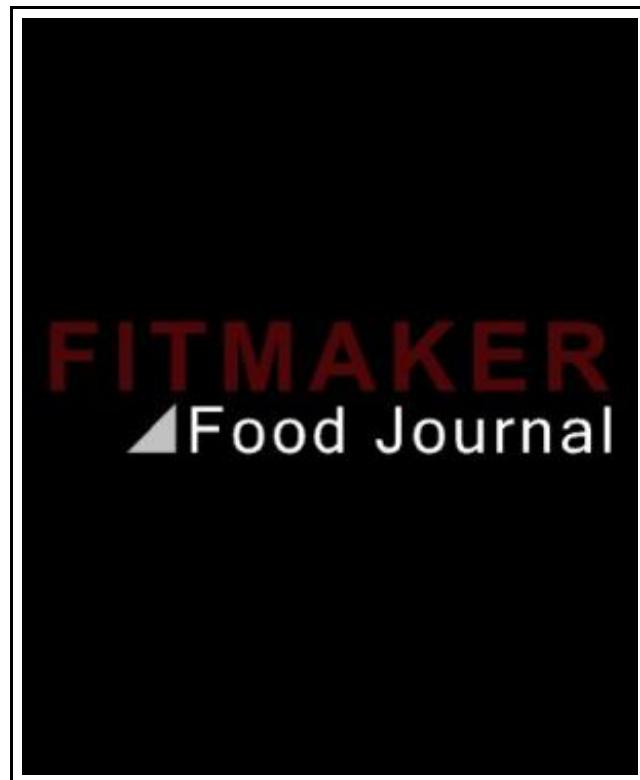


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Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be the best publication for at any time.

(Prof. Ron Gaylord II)

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Rory Media, United States, 2014. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Write down your goals, track your nutrition, and watch your body transform. Losing weight, maintaining your weight, and keeping fit are all things that take perseverance and hard work. Wouldn't it be nice if there was a way to make it easier and hold you accountable? There is a way! One simple tool that can be used to help in all of these areas is keeping a journal of what you eat throughout the day, as well any activity. There are no expensive fees involved, no high-tech machines to climb on, and no special diet food you need to buy; a food journal will do the trick. Let's take a look at what researchers have to say: In 2008, Kaiser Permanente's The Center for Health Research (KPCHR) conducted a study of 1,700 people. The participants kept a food diary and were asked to follow a diet high in fruits and vegetables and low in fat; exercise moderately for 30 minutes per day; and attend a weekly group session. A researcher from KPCHR, Jack Hollis, PhD says, Those who kept daily food records lost twice as much weight as those who kept no records. The International Journal of Sports Nutrition and Exercise Metabolism (IJSNEM) published an article based on a survey conducted by Sports Dietitian, Bronwen Lundy. In his study, Bronwen collected data from professional Rugby players who had kept a food journal over a four-day period before a game. It was discovered that these athletes did a good job with nutrition guidelines before a game; however, were not giving their bodies the nutrients needed, for recovery and maintenance, post-game. By journaling the food, Bronwen...

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