



A GOOD PLAN (Is One You Can Do): Ten Simple Steps to Make Healthy Choices a Habit

Mair Hill

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Welcome to A GOOD PLAN!

A GOOD PLAN is a primer. It's designed to get you started. To inspire you to make incremental changes at your own pace. Simple. Easy. Doable. That's the best way to incorporate them into your already over-scheduled daily life. A GOOD PLAN is one you can do.

Because we are all different, there is no one-size-fits-all program. That's why each one of the Ten Simple Steps in A GOOD PLAN is broken down into GOOD, BETTER, BEST recommendations. No matter where you are today, you have the perfect place to start.

Want to know the best way to eat chocolate cake? Or what I believe is the single most important thing you can do today to positively impact your health? Do you know how much water you should be drinking or how much protein you should be eating?

These answers and so much more are contained within these pages. It's all here. Everything you need to get started right now. Today. To a healthier, more vibrant you.

When you follow these Best practices, you will have a better overall sense of wellness, more energy, better productivity and sustained happiness. You may even drop a few pounds far easier than you have in the past.

When the student is ready, the teacher will appear.

Here you are. You must be ready.

A GOOD PLAN will be your teacher.

Just click "Buy Now."

Your body will thank you.

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