



# New fitness e-book from Dr Tony Woolfson.

NewlifeHealthcare, April 09, 2007

URL: <http://www.pr9.net/health/weightloss/5386april.html>

*The Guide to Staying Healthy is the ultimate manual on fitness and meditation. With this ebook, readers can start seeing their health improve as they master the skills of keeping fit in body and mind.*

PR9.NET April 09, 2007 - London, UK - Everybody needs to read Dr Woolfson's ebook Fitness: The Guide to Staying Healthy. All you have to do is purchase the ebook for only \$27.99, and you can start reading it mere minutes from now.

Things you can learn from Fitness: The Guide to Staying Healthy, include the following:

**BMI** – Weight in pounds or kilograms never tells you the whole picture about your body, but not everyone knows this. So before you start rejoicing or getting depressed about the glaring numbers of your actual weight, learn about your body mass index (BMI) first by reading Fitness: The Guide to Staying Healthy and know exactly what you're up against.

**Blood Pressure** – If you think that there's no any valuable link between your blood pressure and your weight, think again. It's possible for blood pressure to make it more difficult for you than usual to lose weight, and you'll learn why and how to combat it by reading this ebook.

**Sleep** – Most people undervalue the importance of sleep, and if you're one of them, you should know that it could be one of the reasons why you're finding it extremely hard to keep your weight down. This ebook will teach you about the benefits of sleep, and how to use such a simple activity to put you back to the right path to physical fitness.

**The Real Meaning of Fitness** – For many, fitness is just a word that speaks about having a good figure and the ideal weight. But it's definitely more than that, and you'll learn its real meaning and how to achieve real fitness by reading this ebook.

**Meditation** – And of course, lastly, Fitness: The Guide to Staying Healthy will teach you about why meditation can help you lose weight and how to meditate effectively. Unlike other self-help manuals, this ebook will start by teaching you about the basic principles of meditation to make this technique even more successful. Furthermore, you'll learn about the importance of mental fitness and brain power and how to use them as tools for weight loss.

To buy Fitness: The Guide to Staying Healthy, all you have to do is provide the necessary information through the website's order system. All information is guaranteed to remain private and confidential. Purchases are accepted 24/7, and if you submit your first name and email address, you'll also be able to get the brand new 5-part ecourse that will give you additional tips about achieving true fitness.

Because of the ongoing promotion, Fitness: The Guide to Staying Healthy is only being sold for \$27.99 from its original \$47.99, saving a whole \$20. And to give you even more assurance you need to purchase this ebook, Fitness: The Guide to Staying Healthy also comes with a 56-day 100% money-back guarantee. So there's no reason to wait anymore. Buy now if you want to get yourself back into shape in no time!

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## About NewlifeHealthcare

Suppliers of information relating to health, fitness and lifestyle.

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