



The Big Book of Health and Fitness: A Practical Guide to Diet, Exercise, Healthy Aging, Illness Prevention, and Sexual Well-Being

Philip Maffetone

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Taking control of your health and well-being is a necessary and personal journey. From teens and parents fighting obesity in America, to aging baby boomers refusing to go quietly into the dark night—everyone can stay fit, healthy, and active for many years to come! This book lays out a sensible and holistic road map that makes health and fitness an ingrained part of your lifestyle, and an easy-to-achieve goal for both men and women at any age.

For more than three decades, Dr. Maffetone has been treating and advising patients, coaching athletes, lecturing worldwide, and writing books about the importance of self-health care. Topics covered in his latest book include how to make healthy dietary choices, obtain the best nutrition from real food, avoid illness and disease, and learn to listen to your body. Also learn the dangers of common dietary supplements, fat-burning exercise for weight loss, reducing stress, controlling inflammation, having a healthy and fulfilling sex life, and much more. Maffetone expertly guides the reader step by step through each topic and provides simple health surveys to help you better understand how the body works and what to safely do if a problem or symptom arises during your fitness or dietary regimen.

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