



## Blue Collar Health (Paperback)

By Karen L Aken

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It has been estimated that 3.7 million people in America are living with an undiagnosed heart condition. I lost my Dad suddenly to undiagnosed heart disease in 2007. I always think about what he could have done differently to change the outcome. I became a health coach in 2015 so that I could prevent other people from experiencing the same traumatic loss. I created this book with the hope that I could save or extend the life of at least one person who may also have undiagnosed heart disease or other diseases brought on by an unhealthy lifestyle. Everyone knows that a healthy diet and exercise will improve their health, but many don't know where to start or what to do. Blue Collar Health contains simple preventative measures; nutrition tips; simple ways to increase physical activity; and stress management techniques. At the end of the book, there are two 20-week improved health/weight loss guides. Please consult your physician before beginning this or any other health program. 100 of the net proceeds will be donated to the American Heart Association.



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