



The eXercise Factor: Ease Into the Best Shape of Your Life Regardless of Your Age, Weight or Current Fitness Level

Jim Kirwan

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The eXercise Factor will show you how to EASE into the best shape of your life, regardless of your age, weight, or current fitness level. You will learn how to put your aging accelerator into reverse and transform your life. You can increase your life expectancy and significantly improve the quality of your life by the actions you take. The secret is there is no secret! This is not about a quick fix; it is about easing your way into a long-term, sustained lifestyle. You can bypass normal aging, but first you have to address the disconnect between your wishes and your actions and change your life's journey for good. How do you do this? Four key drivers work together synergistically to turbo-charge your success: Knowledge - you cannot solve a problem if you don't know you have one. Nutrition - restrictive diets don't work and are difficult to sustain in the long-term. Instead, focus on good balanced nutrition, which means more fresh whole foods you can enjoy and far less junk and processed foods. Exercise - is critical and the secret sauce to a long, high-quality life. Three of our major health problems?obesity, diabetes, and Alzheimer's?are underpinned by the inactivity epidemic. The X Factor - is arguably the most important of all, and the easy-to-remember acronym RECIPE provides its six key ingredients. Armed with the X Factor you will succeed! There is one thing you can't afford not to have as a high priority in your life and that is YOU! If you follow the advice in The eXercise Factor you too can enjoy a long, high-quality life. "You don't have to be fit and healthy to start, but you do have to start to be fit and healthy." www.TheeXerciseFactor.com

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