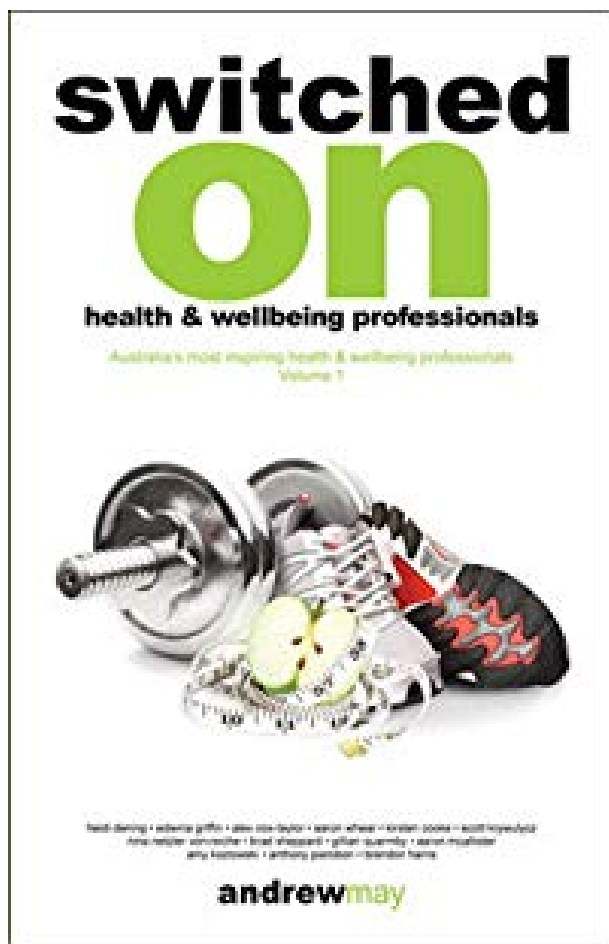


# Switched On Health & Wellbeing Professionals Vol. 1



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ever noticed that sometimes life can be tough? Traffic gridlock, mortgage payments, credit card debts, expanding waist lines, rising stress levels and trying to keep up with ever increasing work loads. Any wonder so many people feel flat, fatigued, frantic and fried? The 13 contributors in this captivating book have worked with thousands of people and hundreds of leading companies to improve health, productivity and happiness. Learn from Australia's most inspiring health and wellbeing experts. It's like having your very own coach, without having to pay thousands and thousands of dollars ... Inside this book you will discover: 1.The best ways to lose weight and tone your body, without the usual rubbish! 2.How to eat well for increased energy and sustained performance 3.Fitness secrets from one of Australia's best Personal Trainers who charges \$440 per hour 4.How to multiply your output and why time management doesn't work for so many people 5.

Business tools, tips and techniques used by leading health and wellbeing experts 6.How to set a personalised game plan for your health and wellbeing 7.Strategies to motivate you to stay fit and feel great 8.Why sleep is so important to feeling healthy and how to improve the quality of your zzz's 9.The people that have inspired Australia's best known health and wellbeing experts 10.The best ways to add more zip, zing and zest to your work and personal life