



The 3 Keys to Greater Health & Happiness: A Beginner's Guide to Exercise, Diet & Mindset

Dale L. Roberts

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Learn How to Exercise, Eat and Stay Motivated for Long Term Results

Have you struggled with your health and don't even know where to begin? Do you lack the know-how to exercise? Do you need better direction in nutrition? Is it difficult to stay motivated and inspired in becoming healthier?

You know you need to exercise, but most workout programs take too much time, seem too extreme or they put you in the middle of the "meat market" scene at most gyms.

And, you should eat right, but most diets and conflicting information on proper nutrition can make it tough to choose what is right for your better health.

There has to be an easier way to experience the health benefits that exercise has to offer. All you need to do is follow a simple plan to that fits your already busy schedule and get you the results you've always wanted.

The Real Struggle is Having Simple Workout Routines, Sound Nutrition Principles and an Ironclad Resolve to Become Healthier

Most people have the desire and capacity to exercise, but the lack of resources and time stop them from ever getting started. Sleepiness keeps you from getting to an early morning "boot camp" class or a small apartment keeps you from making room for weights and equipment. Real-life obstacles like these can prevent you from exercising at home or the gym.

Dale L. Roberts' new book "The 3 Keys to Greater Health & Happiness" helps you overcome typical obstacles that continually get in your way. By identifying detailed solutions, this book will help you experience a personal breakthrough and achieve your best health and fitness goals.

Introducing: The 3 Keys to Greater Health & Happiness: A Beginner's Guide to Exercise, Diet & Mindset

This book includes how to:

- Start with the essentials for a lasting change
- Plan what you want to accomplish
- Start exercising, eat right and stay motivated
- Master exercises in the simplest steps

- Get more results in less time
- Equip yourself with a positive mindset
- Align yourself with like-minded people
- Nourish your body with food
- Set a regular meal schedule
- Know when to workout and when to rest
- Incorporate meditation & stretching for recovery
- And, much more!

It's time to stop overthinking your exercise routine. You can improve your health and build your fitness without sacrificing all your free time. "The 3 Keys to Greater Health & Happiness" is a simple common sense approach that's easy-to-follow no matter where you are and what kind of equipment you have.

Scroll to the top of the page and click the buy button to build your new home exercise plan today! Updated 08/23/2015

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