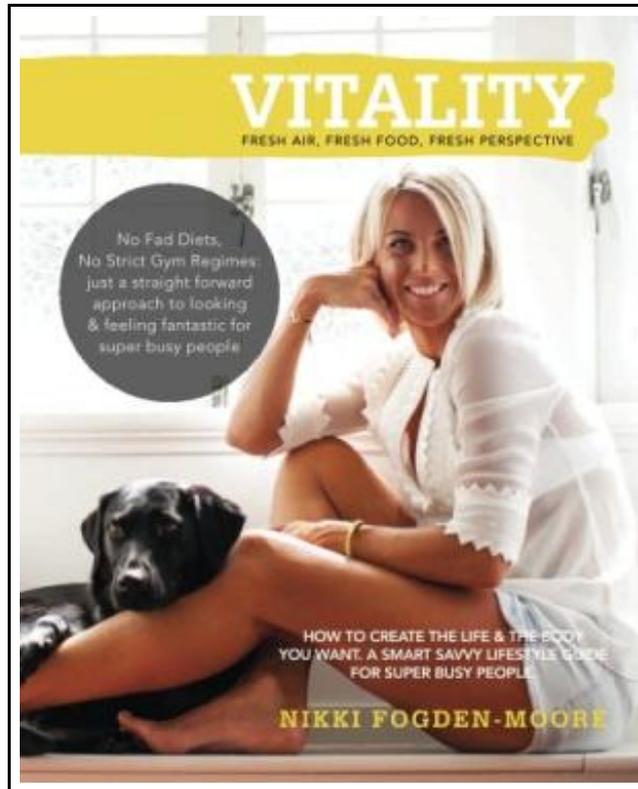


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Struggle to find the perfect work - life balance? Work extremely hard and never seem to find your mojo? Keen to lead a fitter, healthier, more active and refreshed lifestyle - but you have no idea where to start? We've got good news: Written for smart, savvy and business people - Nikki helps you blend active, healthy living seamlessly into your life. You won't find strict calorie-controlled diet, a brutal eating plan or a prolific exercise regime. But you will find the tools to achieve long-lasting, effortless health and wellness. Nikki Fogden-Moore, aka The Vitality Coach, shows you a committed approach to create a positive lifestyle full of energy and vitality. Laying the groundwork, and a plan of action to create bring fitness, food and mindset into balance - without turning your life upside down. Nikki's passion and purpose; Vitality, the book is born out of her desire to share her knowledge and success, and to deliver an authentic toolkit to help people everywhere achieve optimal health and wellbeing. The truth is, creating a healthy, active lifestyle is not about living off 1,000 calories per day, or slaving away in the gym for 90-minute sessions every morning. Rather, it's about changing your mindset and taking advantage of the resources at your disposal, so you can start living your best, most energetic life today! In Vitality, an inspiring, contemporary and easy to follow book, Nikki lays out a complete health and fitness roadmap to empower readers towards a healthier, more active lifestyle. She does this by exploring her three pillars for optimal health and creating the life you want: 1. Fresh Air -...



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