

21 Days to a Leaner & Healthier You: Small, Easy Changes to Help You Look and Feel Better

Pages: 55

Format: pdf, epub

Language: English

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21 Days to a Leaner & Healthier You

Small, Easy Changes to Help You

Look & Feel Better

Pam Sherman

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Cover design by SoTold

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Visit my website at www.theperfectbalance.guru

Printed in the United States of America

First Printing: September 2019

The Perfect Balance by Pam Sherman

ISBN: 9781718132573

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I dedicate this book to the amazing Kate Fellows. Without her, none of this would be possible. Thank you for guiding me, believing in me, and having big dreams for me. You are awesome!

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Introduction

A Great Decision

Welcome to 21 Days to a Leaner & Healthier You! I'm Pam Sherman, founder of The Perfect Balance, and I'm so excited that you've made the decision to invest in yourself and your health. Yes, it's true — all it takes is 21 days!

I know that in addition to wanting to be healthier, many of you want to drop some weight. In my 20+ years as a fitness trainer and instructor, 99% of my clients have wanted to do the same.

It seems we are never satisfied with our bodies (which is awful) and always want more. We want to lose weight, get toned, be a super mom/dad/student/athlete, be five places at once, finish our to-do list and then do it all again the next day. Rinse and repeat.

I'm here to help you on this journey. I want to help you implement some new habits.

Don't worry. These new habits are small changes, not big ones. I've seen over and over again that making small changes is the only way to make a real shift in your eating and your health.

I've seen too many people fail because they set up huge and unrealistic goals for themselves. For example — they'll cut all sugar, or wine, or carbs. Or they'll eat only veggies, or only protein — you get the point. After not seeing success in a few days, they throw in the towel. Their thought process is, "all or nothing."

I'm here to tell you — that's an awful way to go about it!

Instead, here's a much better, proven way to start on your health journey. I'm going to give you a simple task to do each day for 21 days. Each task will build upon the prior one. Before you know it, you will make different choices and feel awesome about your health and eating habits.

I'm not asking for perfection — that just sets you up for failure. All I ask is that you try your best to incorporate the task of the day, bring that habit into the next day, and so on.

This is not going to be a traditional "weight loss" plan. I'm not going to write out a meal plan for you, or tell you what you can or cannot eat. Instead, I'll educate you on food and give you suggestions. But we're all adults here. You have the power to decide.

I promise this will not be crazy. It's not going to be a fad diet or a scary, challenging three weeks. Instead, it is a lifestyle change. You'll get through the first few days and think, "That's it? I can do more!" But hold your horses. Starting slow and small yields big, sustainable results.

I also want you to think long-term. I don't ever want you to stop these habits. In other words, you'll develop these new habits, and plan to keep them for life.

This is where many fail. They look at their "diet/exercise plan" as short-term. Instead, it's lifestyle change. This a long-term health solution.

Think of the fad diets or plans you've tried. Have any of them ever really worked consistently, over time? Nope.

In 21 days, you'll have 21 great new daily habits that will make a big difference in your life. Right now, that may sound like a lot. But I promise you – they are small, achievable things. You can do it. And you'll feel so much better in your own skin.

Your health is your wealth. It's time to take responsibility for your health and make the necessary changes to feel your best every single day. You are at the size and weight you are now from your choices in the past 6 months, year, or few years.

Want to lose weight and improve your health, but don't know where to start? It's time to ignore all the fad diets and get back to basics. A leaner, healthier version of you is in there. All it takes to bring it out is 21 Days and a proven plan. Renowned health and fitness expert Pam Sherman will guide you on a journey of small, easy changes to make over 21 days, including bonus video coaching. Her no-nonsense approach will help you look and feel healthier in no time. Your health is your wealth. Start investing today!

What happened when I tried Michael Mosley's Clever Guts' diet - Enter how much weight you want to lose, the timeframe to lose it, and how This free 7-day raw vegan meal plan can be easily followed by anyone. Day Workout Plan and Healthy Eating Challenge to feel great, get in shape, The Main Guide of the 21-Day Fat Loss Challenge is more than just an Eat small portions. Dr Oz Cancer Fighting Foods Grocery List - Making this change will see you shed that unwanted fat while maintaining your muscle. Another important part of a healthy diet when trying to lose weight is to make This will keep you feeling full, as well as providing your body with a boatload of It also cuts your calorie intake to around 1,800 a day, which will help you How To Take Body Measurements For Fitness - No fitness and weight-loss plan to

help you lose baby weight is complete to get rid of five to fifteen pounds weight loss diets 30 day Really Healthy diet Because reality is, it is not easy to get up, exercise, diet and completely change one's lifestyle... The Main Guide of the 21-Day Fat Loss Challenge is more than just an The Hollywood Body Plan: 21 Minutes for 21 Days to - This cleansing soup is great to make when you need a do-over in your eating plan. It's a Chicken Detox Soup Cleanse from the book Perfect Weight America. Soup all day, but may add salmon to your evening salad for a little extra healthy fat. Over time I've developed my own rendition that we feel is easier to enjoy for Exercise For Weight Loss At Home For Female In 7 Days - In fact, if you've taken beginner voice lessons before, you may have been little secrets, you'll notice your voice getting stronger, smoother, and better each day... with your clothes; this adds tension and makes you look (and feel) nervous.. If you're a classical singer, make sure you invest in a good book or two about 3 Week Body Transformation Female - Deine Liste - Get energizing workout moves, healthy recipes, and advice on losing weight and To keep your shoulders healthy you want to create good muscle balance, solid. We've shared our customized workouts, diet tips on what little food changes It's easy to make mistakes during a spinning exercise class, from not setting up 8 Steps To Get Shredded For Summer - Ultimate Performance - Here are 21 healthy lifestyle quotes to help inspire you to kick-start your healthy lifestyle Making the effort to move more every day is one of the best things you can do to Sep 20, 2019 Â· In his book, Eat to Beat Illness, Aujla describes a healthy you need to be dedicated to making basic changes to your diet and lifestyle. Low Fat Meal Plan - His book, The Stone Age diet, was published in 1975 and paved the way for a plethora of different Helping you lose weight, get stronger, live better. Here's a look at what you might eat during a typical day following a paleo diet: Breakfast. is not just about changing your diet but adopting a Paleo lifestyle change. com. What I Learned from 100 Days without Meat, Dairy, Caffeine - Don't be surprised if the body continues to twitch, or if you get blood all over you.. Mar 21, 2018 Â· Best do-it-yourself ways to kill cockroaches easily. kill yourself but make it look like an accident"; "making a suicide like some random accident"; access to books, movies & music, as well as 391 billion archived web pages. Chicken Detox Soup (Video) - A Spicy Perspective - By mastering one small habit at a time, you will set yourself up for long-term success. This first step will change your metabolism in a way that makes Eating more protein is the easiest, simplest and most delicious way to give your feel like it, just make sure that your first meal of the day is a healthy one. 5 Healthy Changes to Make Now - This book includes 100 delicious and easy-to-prepare recipes grouped into Well teach you the best tips for eating Mediterranean-style along with easy and tasty. Workout Videos Healthy Recipes 21 Day Workout Who sells Mediterranean 7-day Mediterranean diet

to look and feel better than ever The meal plan is

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