

Ding... Ding... Ding... Do I have your attention? Each year brings a new list of resolutions many of us won't reach. How dare I say that, right? Come on, we know this is true. People waste energy making resolutions they hope to accomplish, but most don't achieve even one. Why not concentrate on ONE resolution: To Improve Your Health? Expand your mind to improve your body to give yourself the strength and vitality needed to achieve every goal you set. Without a healthy body and mind you can't achieve your full potential. Let me share some knowledge on how you can reach the healthiest version of yourself in three simple steps. My name is Leo Costa Jr., and I am a world-famous fitness expert who has worked with thousands of clients helping them reach their goals. From stay at home moms to your favorite celebrities—these three simple steps will change the way you see health and fitness, and they will give you the motivation to get in the best shape of your life in 60 days!

3 SIMPLE MAKEOVER STEPS

STEP #1. Nutrition. Don't underestimate this guy. He plays an important part in your day to day activities, your health, fitness goals, and aging process. Nutrition is a big reason why people are not successful in implementing a transformation in the first place. The social consensus has people believing

they have to give up what they love to eat if they want to be successful in their nutrition plans. Which makes people think they are going to starve, or want to eat foods they don't like. None of this is true. If you have a good trainer to rely on, he/she will create a plan that works for you using food choices you like along with micro-nutrients you need for a healthier life. With proper information from someone who knows what he/she is talking about, you will acquire the knowledge to seek out rather than avoid life-saving nutrition that will become second nature to you. NO longer a chore but a lifestyle.

STEP #2. Cardiovascular Training. People get intimidated believing that they have to go in HARD to achieve results. Not true! A good trainer can explain that less is more. To burn fat as energy rather than burn sugar as energy, you need to keep your heart rate in your target heart rate zone. A person does not need more than 30 minutes of cardio a day; 3 days a week to get the job done; 90 minutes a week. That's not so bad right?

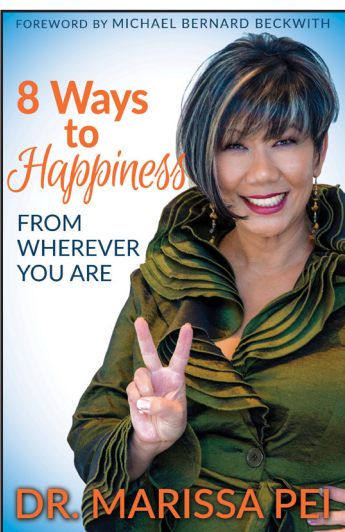
STEP #3. Resistance Training. A workout can be done at home or in a gym. Easy peezy; 30 minutes a day, 3 days a week is all it takes to see results. No need for lifting heavy weights, or anything that could cause joint or muscle injury. An expert in resistance training can customize a program for your fitness level that improves the relationship between muscle and fat—which makes your resistance training more efficient. Keep in mind that burning more calories per minute is what burns more fat.

Put misconceptions aside. Achieve a healthier stronger body in three hours a week! It's how I get my clients in the best shape of their lives in 60 days. It can be that easy. All it takes is making a resolution you stay determined to keep ■ Leo Costa Jr, World Famous Fitness Expert
automaticfitnessplus.com 800-816-1649



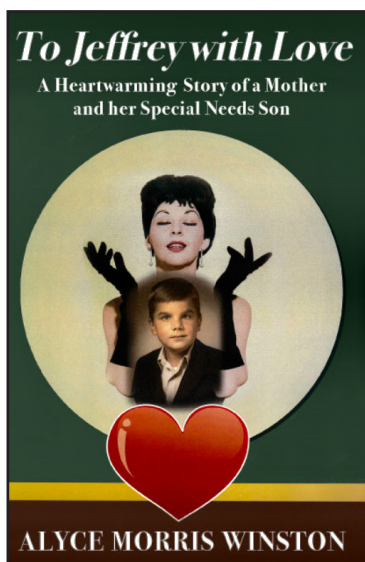
health & fitness

Leo Costa Jr.



8 WAYS TO HAPPINESS

By Dr. Marissa Pei
 Dr. Pei, a Consulting Psychologist, outlines ways to transition from sadness to happy 88% of the time. A Life Coach to Fortune 500 companies, her award-winning syndicated talk radio show, "Take My Advice, I'm Not Using It: Get Balanced with Dr. Marissa" is syndicated on CNBC News Radio and iHeart Radio.
8WaysToHappiness.com
 Amazon ■



To Jeffrey with Love

By Alyce Morris Winston
 In 1964, Alyce was a successful model married to a very successful businessman. When their adopted son Jeffrey was diagnosed with Muscular Dystrophy, Alyce's world fell apart. Jeffrey's illness took a toll on her

marriage causing Alyce to divorce. Moving to Los Angeles to work with Max Factor, Alyce became frustrated when she wasn't able to find qualified daycare for Jeffrey. With a desire to give her son a better life, and looking for the companionship of other parents with special needs children, Alyce quit her "day job" and founded the award-winning Los Angeles-based non-profit, Jeffrey Foundation. Celebrating 47 years, the Jeffrey Foundation offers high-quality programming and support services to help children and families meet the challenges posed by developmental disabilities and illness.
thejeffreyfoundation.org. Amazon ■

between the lines



Decide Your Future

By Cie Allman-Scott, Ph.D.
 Life is the sum of our decisions—good or bad... we make the choice. Because we want to move forward; not sideways or backwards, we must be conscious of our decisions. Learn the secrets of getting ahead in your personal and professional life with an uncomplicated 7-step process. cieallman.com.
 Amazon ■



This Is (NOT) L.A. By Jen Bilik

A humorous yet super-informative insider's scoop on the real Los Angeles that nobody but Angelenos seem to appreciate! Jen tackles misconceptions, myths and truths that surround the City of Angels putting to rest the tabloid gossip about LA LA Landers. Experts including authors Kate Sullivan and Jonathan Gold put their two-cents worth in to help tackle 18 myths about Los Angeles, proving once and for all that L.A. is neither a desert, full of airheads, smog, nor crappy food. ThisIsNotLA.com Amazon ■