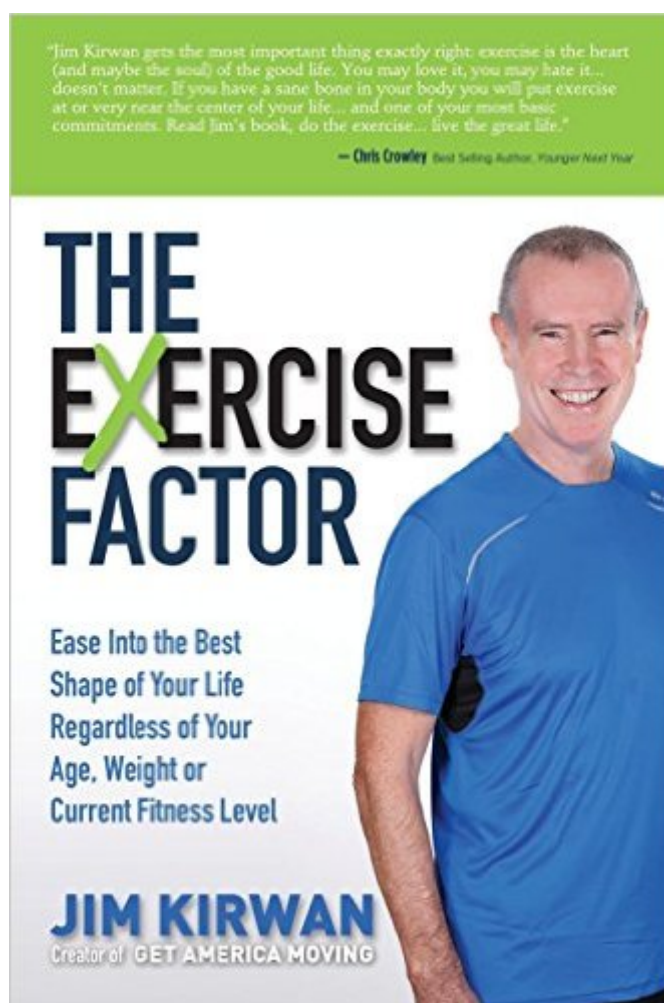


The book was found

# The EXercise Factor: Ease Into The Best Shape Of Your Life Regardless Of Your Age, Weight Or Current Fitness Level



## Synopsis

The eXercise Factor will show you how to EASE into the best shape of your life, regardless of your age, weight, or current fitness level. You will learn how to put your aging accelerator into reverse and transform your life. You can increase your life expectancy and significantly improve the quality of your life by the actions you take. The secret is there is no secret! This is not about a quick fix; it is about easing your way into a long-term, sustained lifestyle. You can bypass normal aging, but first you have to address the disconnect between your wishes and your actions and change your life's journey for good. How do you do this? Four key drivers work together synergistically to turbo-charge your success: Knowledge - you cannot solve a problem if you don't know you have one. Nutrition - restrictive diets don't work and are difficult to sustain in the long-term. Instead, focus on good balanced nutrition, which means more fresh whole foods you can enjoy and far less junk and processed foods. Exercise - is critical and the secret sauce to a long, high-quality life. Three of our major health problems - obesity, diabetes, and Alzheimer's - are underpinned by the inactivity epidemic. The X Factor - is arguably the most important of all, and the easy-to-remember acronym RECIPE provides its six key ingredients. Armed with the X Factor you will succeed! There is one thing you can't afford not to have as a high priority in your life and that is YOU! If you follow the advice in The eXercise Factor you too can enjoy a long, high-quality life. You don't have to be fit and healthy to start, but you do have to start to be fit and healthy. • [www.TheeXerciseFactor.com](http://www.TheeXerciseFactor.com)

## Book Information

Paperback: 264 pages

Publisher: Morgan James Publishing (January 6, 2015)

Language: English

ISBN-10: 1630473227

ISBN-13: 978-1630473228

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (35 customer reviews)

Best Sellers Rank: #1,780,441 in Books (See Top 100 in Books) #98 in Books > Health, Fitness & Dieting > Aging > Exercise #20456 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

I am an exercise avoider, so this book was perfect for me - not only did it lay out the reasons why I

need to change my attitude (well documented elsewhere, but resplendant here with facts, stats, graphs and charts of how my lack of exercise is shortening my life and hurting the quality of my life) but it gave me all the tools needed to do so. From level 1 (novice) to level 5 (optimal) it charts a plan for each level, which makes starting an exercise program highly doable. (I'll be thanking him later, I'm sure) Jim's passion is not just for exercise and his own health, but for getting all of America moving and in shape, which comes through loud and clear. He is on a mission, driven by his father's poor health due to lack of exercising and subsequent early death in his 40s. This motivation took on epic proportions, much to the reader's benefit. This volume is well researched, a comprehensive rendition of a topic that clearly he is an expert in. The book makes a good case for why exercise is the "secret sauce" for a happy life, then goes on to tell you in detail how you too can have this youthful elixir. Yes, grasshopper, you hold your own cure within your power. But far from lecturing on what we already know (the benefits of exercising) but aren't doing, or doing enough of, each chapter ends with a Your To Do List. giving a step by step implementation plan for every piece of content. The key drivers to success, the answers to questions (like: What TYPE of exercise should I do? How LONG should I spend exercising? How should I allocate my exercise time between each kind of exercise?) - questions that I have wondered about on exercising - Jim answers them in spades.

[Download to continue reading...](#)

The eXercise Factor: Ease Into the Best Shape of Your Life Regardless of Your Age, Weight or Current Fitness Level  
Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)  
Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)  
Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss)  
Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing)  
Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)  
Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)  
How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide

For Weight Loss Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise Master gemcutting tips: A comprehensive collection of proven lapidary and gemcutting tips and methods that are of immediate and practical use to ... and carvers regardless of their experience Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

[Dmca](#)