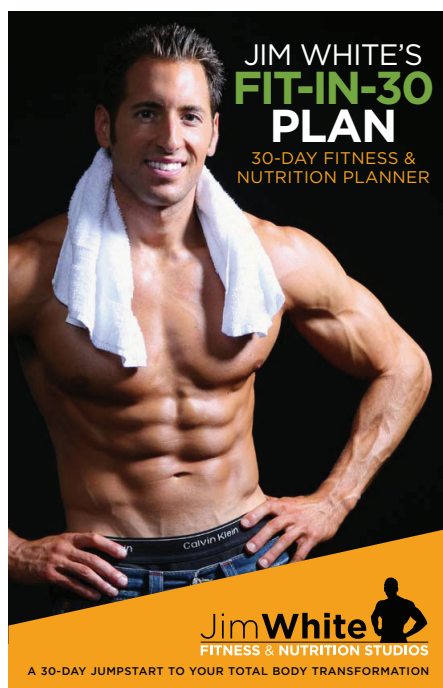


Jim White's Fit-In-30 Plan : 30-Day Fitness & Nutrition Planner



Transforming any part of your life is not the easiest thing to do. Whether it is transforming your body, mind or lifestyle, it takes some work to make a change. In fact, a whopping 80 percent of diets fail! Combine that with an exercise dropout rate of over 50 percent and you can see why more than 60 percent of Americans are obese today. Why is this? Lack of adherence to any new fitness program is usually caused by many factors. For instance, the program may be overly difficult, boring or time consuming.

That is why Jim White created an effective, easy-to-follow and motivating fitness plan for everybody. Whether you want to lose weight, tone or maintain your shape, the *Fit-In-30 Plan* is a realistic way to reach your body-transformation goals.

Book self-published by
Jim White, RD.

Jim White's *Fit-In-30 Plan* is
available for purchase at
www.jimwhitefit.com

The Fit-In-30 Plan Includes:

- Flexibility, cardiovascular and body-sculpting workouts to help tone any-BODY
- Simple meal plans tailored to fit your nutritional needs
- Smart recipes, cooking tips and snack ideas to make healthy eating fun and easy
- A dining guide geared to promote healthy eating on the run
- A grocery list to help you become more supermarket savvy
- “Jim notes” to keep you motivated and educated throughout your plan
- A 30-day tracker to guide you on the healthy path