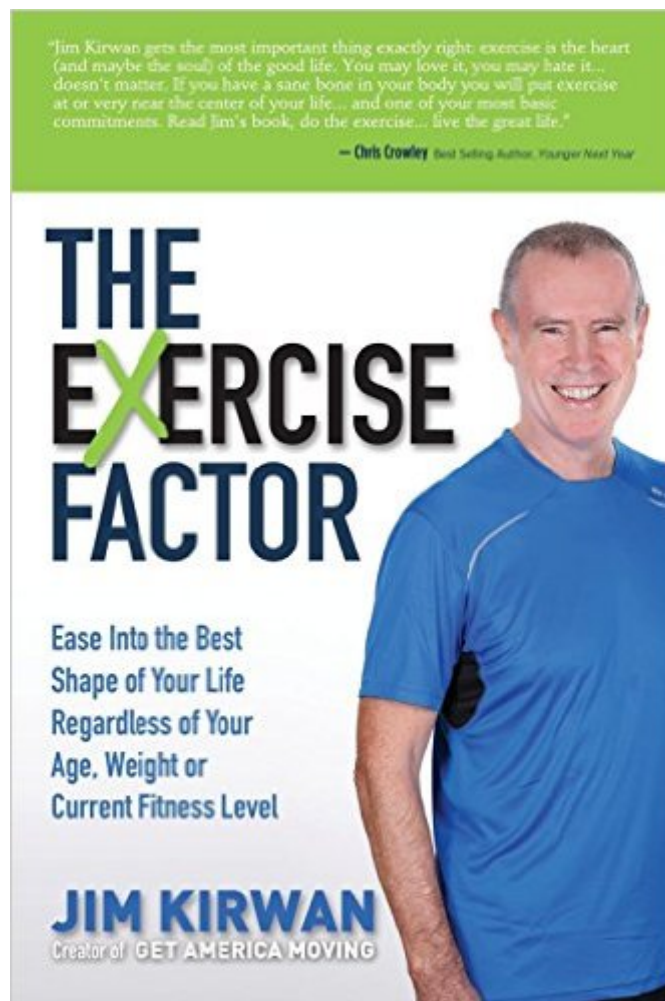


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# The EXercise Factor: Ease Into The Best Shape Of Your Life Regardless Of Your Age, Weight Or Current Fitness Level



## 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

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## 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.

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