



SLOANLUCKIE
YOUR BODY. YOUR LIFE.



About the Book

Body Under Construction at a Glance

STOP BEATING YOURSELF UP ABOUT HOW BAD YOU LOOK AND FEEL!

Body Under Construction: How to Build And Maintain Optimal Health At Any Age teaches you to apply three simple but smart principles...FOOD, EXERCISE, and SLEEP...to build the body of your dreams. *Body Under Construction* will also help you remove the diets, expensive fitness equipment, and pricey gym fees from your life FOREVER. No matter how many diets you've tried, how busy your schedule is, how much you travel, or how long you've struggled with weight, *Body Under Construction* will teach you everything you need to know to reclaim your body and your health to look and feel your ABSOLUTE BEST.

The full-color health and fitness guide and workbook is divided into three parts to achieve optimal health:

A nutrition regimen that includes...

- An emphasis on HOW one should eat, and not just WHAT and WHEN one should eat.
- Various methods that trick your body into feeling full in order to reduce the risk of overeating
- A nutrition plan for the frequent business traveler
- Steps to making gradual yet significant changes to your eating habits to build and develop health nutrition into a lifestyle.
- How to use healthy nutrition to reduce stress

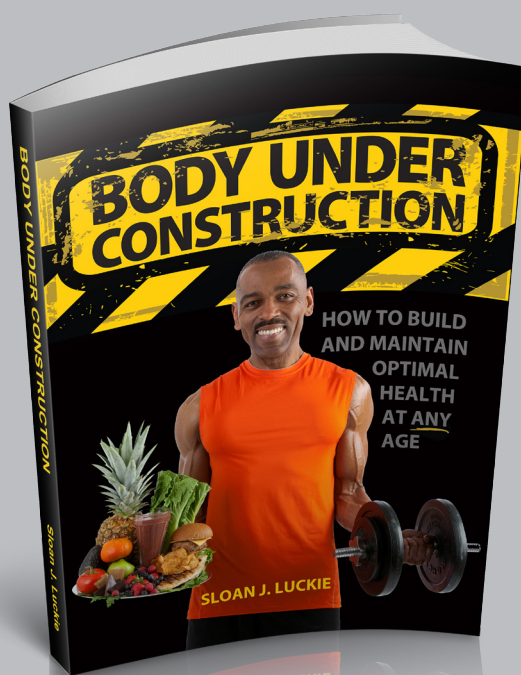
A fitness regimen that includes...

- A three-day-per-week fitness adventure that consists of calorie-burning exercises primarily using your own body weight
- A fitness plan for the frequent business traveler
- Steps to develop fitness into a lifestyle
- How to use fitness to help reduce stress

A sleep regimen that includes...

- Practical ways to prepare for sleep, as well as get more sleep
- How to sleep like a vampire to get higher quality sleep

Body Under Construction also includes healthy, great tasting recipes, as well as a nutrition and fitness glossary for the health novice.



About the Author. With a relentless passion for a lifestyle of health and wellness, Sloan J. Luckie is author of *Body Under Construction: How to Build and Maintain Optimal Health at Any Age*, an ISSA-certified personal trainer, and a leading expert in health, nutrition and fitness. His live presentations and the pages of his book are inspiring people around the world to adopt healthy habits to shape their bodies and their lives. Luckie's unique philosophy on building and maintaining optimal health has garnered great public and media attention. He has appeared on NBC's "The Talk with Marion Brooks," graced the pages of *Syd Jerome* magazine, and conducted companion shopping events, fitness demonstrations, and book signings throughout the country.

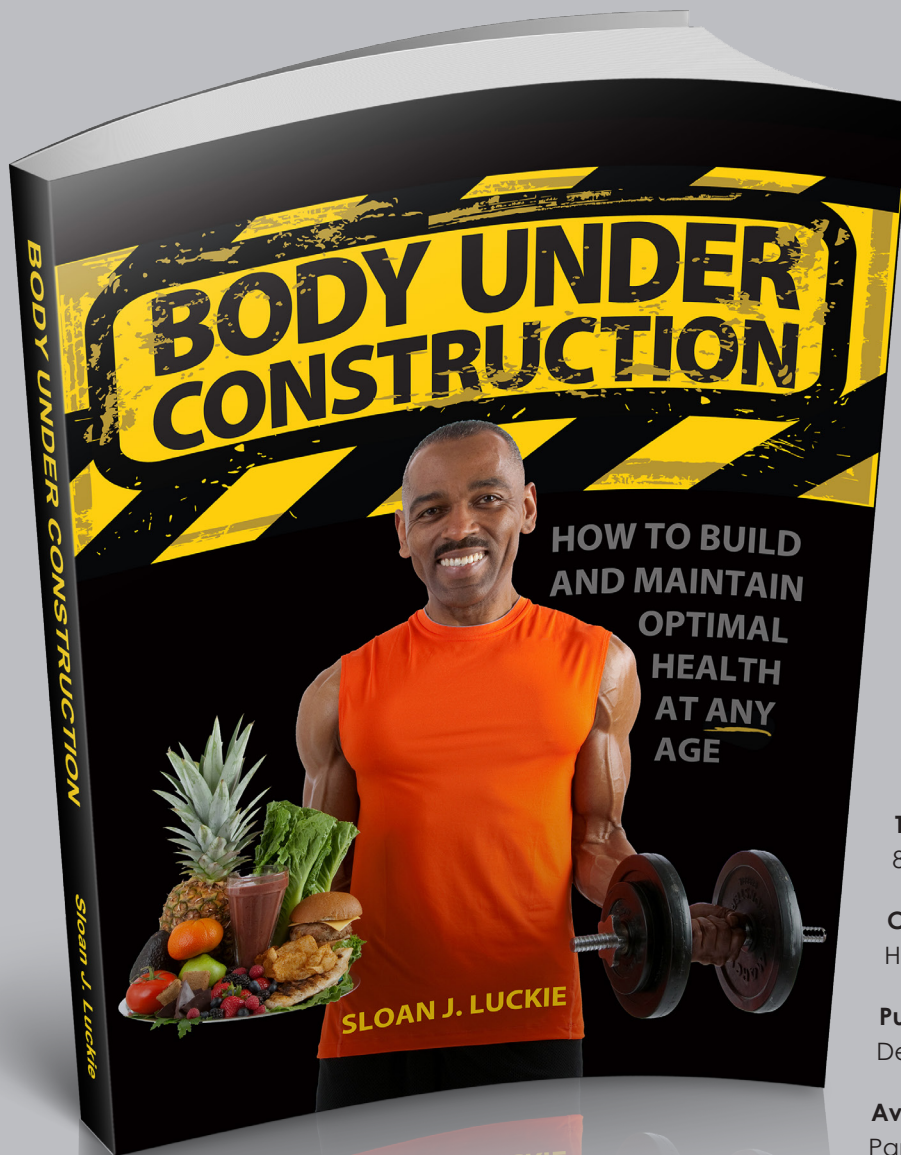


SLOANLUCKIE
YOUR BODY. YOUR LIFE.



Book Fact Sheet

Body Under Construction: How to Build And Maintain Optimal Health At Any Age



Author

Sloan J. Luckie

Publisher

CreateSpace Independent
Publishing Platform

ISBN

1460938895

ISBN 13

978-1460938895

eBook ISBN

978-1-61916-354-6

PRICE

\$29.99 US (paperback); \$9.99 eBook

PAGES

200 (paperback); 221 (eBook)

NUMBER OF CHAPTERS

9

TRIM SIZE

8" x 10"

Category

Health, Fitness & Dieting

Publication Date

December 2011

Available Formats

Paperback; eBook