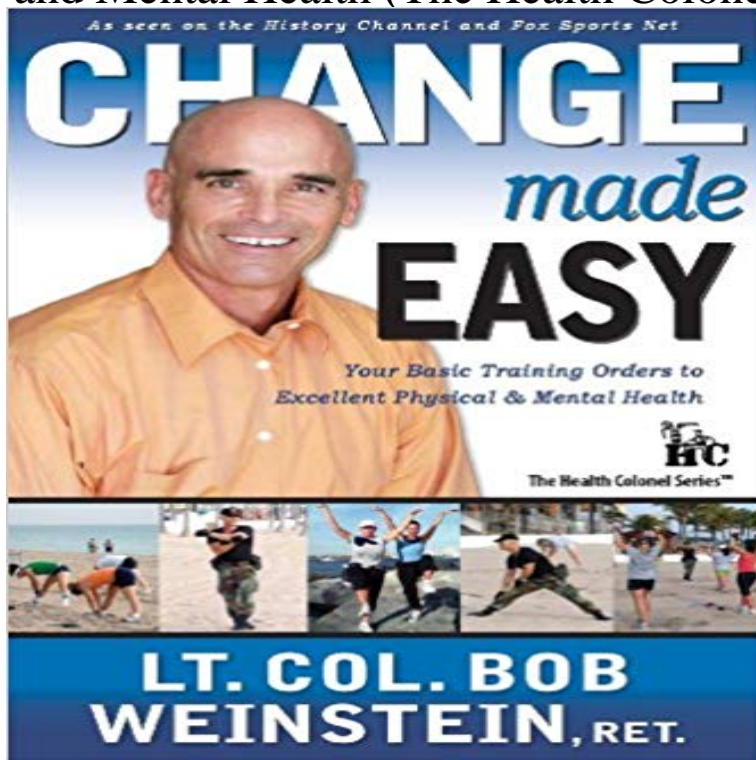


# Change Made Easy - Your Basic Training Orders to Excellent Physical and Mental Health (The Health Colonel Series)



Put on your commanders hat. You are about to take charge of your health. This book is a health and fitness blueprint to get America back in shape, keep Americans from dying of ill health and keep Americans strong. A combination of self-help, right eating, exercising, how to start a fitness boot camp, weight loss as well as guidance on how to lead a values-based life to the benefit of others and our society. This book is also packed with photos of easy-to-perform exercises for all ages. The revised edition from 2010 is titled **BOOT CAMP FITNESS FOR ALL SHAPES AND SIZES**. Change Made Easy has been reduced in price for this reason.

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