



30-Day Weight-Gain Plan

Michelle Belill

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Are you too skinny? Have you tried to gain weight and just can't? If you answered "yes" to either of these questions, this book is for you!

Growing up the "skinniest kid on the block", the author knows the frustrations of being underweight. Based on her own research, as well as knowledge gained through her work as a Registered Nurse and Certified Wellness Coach, Michelle has designed a whole-body weight-gain plan outlining the most effective strategies that can be used to help you gain healthy weight.

The first part of the 30-Day Weight-Gain Plan helps you determine if you are in fact underweight and outlines the typical causes of being underweight. A chapter is then devoted to each area that must be addressed in a successful, healthy weight gain plan – stimulating your appetite, eating the right foods, eating at the right times, taking supplements, doing exercises for increasing muscle mass, reducing stress and getting adequate sleep. Michelle outlines the strategies used in each area and gives you detailed information so you can successfully meet your weight-gain goals!

The second part of the book shows you how to perform each exercise, outlines the foods you'll be eating and provides recipes for 30-day's worth of delicious weight-gain foods and shakes. This is followed by the 30-day, day by day plan. You get a meal plan for each day (all the recipes are included), plus the ability to track your exercise and other weight-gain activities.

In an appendix at the end of the book, the author shares with you her favorite products, along with the best online sources for weight-gain products and information. Michelle is also the author of the website HealthyLifeToolkit.com, which attracts many readers searching for help in gaining weight. As Michelle tells her readers, "Gaining weight is not easy – but, it can be done. I did it and so can you!"

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Nannie Hernandez:

Is it you actually who having spare time then spend it whole day simply by watching television programs or just lying on the bed? Do you need something totally new? This 30-Day Weight-Gain Plan can be the response, oh how comes? A fresh book you know. You are and so out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these books have than the others?

Lori McDonald:

As a pupil exactly feel bored in order to reading. If their teacher asked them to go to the library in order to make summary for some guide, they are complained. Just tiny students that has reading's internal or real their pastime. They just do what the trainer want, like asked to the library. They go to at this time there but nothing reading seriously. Any students feel that looking at is not important, boring along with can't see colorful pics on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore , this 30-Day Weight-Gain Plan can make you truly feel more interested to read.

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