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Fit Fun and Fabulous At Any Age

Chapters in Book

Chapter 1: New Beginnings: A brief overview of the Fit, Fun and Fabulous program, and an agreement with yourself that you will sign!

Chapter 2: Biological Age vs. Chronological Age: Your chronological age (how old you actually are) is less important than your biological age (the health state of your body). Looking at certain factors, such as basal metabolic rate, waist/hip ratio, systolic blood pressure, muscle mass, and other factors, one can calculate his or her biological age.

Chapter 3: Healthy Eating and Eating Frequency: A diet of alkaline foods (2/3) and acidic foods (1/3), coupled with several other factors (i.e.: eating 5 small meals daily, avoiding processed foods), will prolong your life.

Chapter 4: The Perils of Metabolic Syndrome: 80 million Americans show symptoms of fluctuation in blood sugar levels (Syndrome X) that make them susceptible to Type II diabetes. By controlling your sugar intake, you can balance your insulin levels.

Chapter 5: Life Is Motion: Bone alignment and joint flexibility is vital. Stretching, exercising, eating right, and keeping good posture will keep your bones and joints healthy.

Chapter 6: Exercise: The Elixir of Youthful Vitality: 30 minutes per day of exercise will help with sleep, stress, strength, endurance, bone density, cholesterol levels, blood pressure, heart rate, and many other facets of your health.

Chapter 7: Stress and its Effects: Stressors include emotional, physical, environmental, bio-energetic, or metabolic. Stress control is key to your health.

Chapter 8: Hormone Balancing: We must align our hormones, including insulin, stress hormones, estrogen, glucagon, and those created by environmental toxins.

Chapter 9: Body Shapes: Your body type influences your health as it relates to your liver, thyroid, and other areas.

Chapter 10: Targeted Nutrient Support: Our food supply is not enough to keep us healthy. We need supplements, including a multivitamin, an antioxidant, essential fatty acids, and targeted nutrients, such as heart or prostate support for men, and a whole bone supplement for women.

Where to Begin: How to follow through on what you've learned in this book!