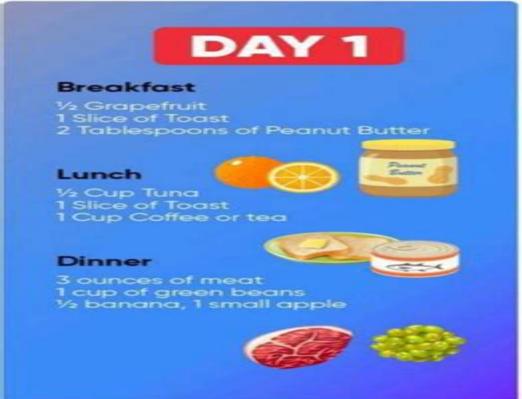
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loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want Profitable Posts Social Media Marketina Plan to Build an Online Business to Profit Up to Six Figures ,2024-01-22 INTRODUCTION There comes a time when the elastic snaps When you push yourself to breaking point and everything crashes down My breaking point came on a gloomy Monday morning commute in 2015 Sitting in my car waiting for the lights to change I looked at two guys in their cars on either side of me They looked as miserable as I felt At that moment I burst into tears What the fuck was I doing with my life I was unhappy in my personal life and hated my job I couldn t see a way out I was too invested in my career too old to start again Looking back I didn t know jack shit about building a fitness business Corporate marketing is one thing Doing everything from scratch alone in a different industry is another I didn t have a creative agency or a multimillion pound budget All I had was a Personal Trainer certificate and the ironparadisefitness com domain name Nevertheless I started building my online empire Or as I now refer to it pissing in the wind for two years I would write lousy articles post selfies and wonder why clients weren t beating down my virtual door Desperate to carve a way out of corporate life I vowed not to guit My business was my obsession Going out meeting friends and taking a break were a rarity I thought it was the only way to be successful I became a hermit A recluse Like the creepy guy kids fear in horror movies That's Old Man Mitchell from No 29 He never leaves the house Some say he only goes outside to dispose of the dead bodies I wasn t that bad but my social life went on ice I studied nutrition and learned the intricacies of exercise mechanics I read books and invested in courses on social media copywriting and web design Iron Paradise Fitness had consumed my entire life and I loved it It was the fire in my belly I d been missing The passion I needed Although it did make for awkward conversations on Tinder dates What do you like to do in your spare time The innocent question would come Well I m building my own business right now so that s my main focus Ah cool But what do you like to do for fun Work on my business Yeah but what about when you re not doing that I m either working on my business thinking about working American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e Roberta on my business or eating Oh Larson Duyff,2012-02-03 The new edition of the ADA's flagship food and nutrition guide updated based on the very latest Dietary Guidelines for Americans With over 200 000 copies sold in all editions this award winning resource from the world s leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life In this completely revised and updated new edition you ll find up to date evidence based practical answers for your many food and nutrition questions This cornerstone guide from the American Dietetic Association written by nationally recognized food and nutrition expert and registered dietitian Roberta Duyff covers the basics on nutrition managing weight and healthy eating It also provides easy steps and how tos for selecting preparing and storing foods safely to get the most nutrition and flavor for your dollar and more Comprehensive accessible and easy to use this valuable reference shows how to make healthy food choices to fit any lifestyle How to put the the very latest Dietary Guidelines for Americans on food choices and physical

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