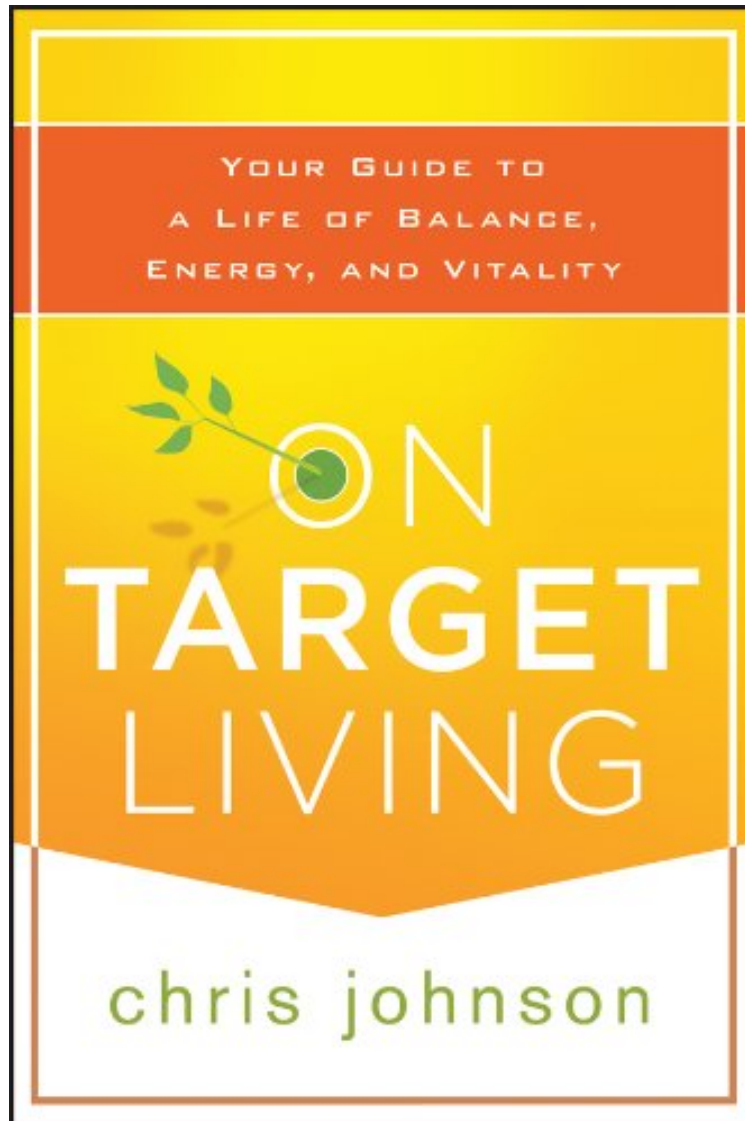


(Online library) On Target Living: Your Guide to a Life of Balance, Energy, and Vitality

On Target Living: Your Guide to a Life of Balance, Energy, and Vitality

Chris Johnson

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Chris Johnson : On Target Living: Your Guide to a Life of Balance, Energy, and Vitality before purchasing it in order to gage whether or not it would be worth my time, and all praised On Target Living: Your Guide to a Life of Balance, Energy, and Vitality:

7 of 7 people found the following review helpful. Must read book if you want to live a healthier, happier, and longer life!By jlshoppingI just finished reading this book for the 3rd time. Each time I learn something new and it reinforces so many useful and educational advice that Chris Johnson provides. There is so much material that you can not absorb

it all, thankfully you can read this book in about 4-5 hours. The book provides a general overview of how the body maintains itself at cellular and pH level. Then discusses balancing life and stress with rest, rejuvenation. Next he goes into detail about proper nutrition and diet/eating from carbs, fats, proteins he then adds exercise and wraps up with big picture goal planning. I first met Chris 2yrs ago at a weekend retreat on nutrition/exercise/stress mgmt that my company sponsored. It changed my life for the better by opening my eyes to how poorly I was eating and exercising as I had little knowledge about proper diet and exercise. It is sad that our education system does not teach such an important subject. Went to an amusement park yesterday and was shocked at how overweight the average American is as well as the complete junk that Americans are fed. Everything Chris talks about is true in poor food that Americans are fed and use it. The only thing you could eat at the amusement park was pizza, fries, soda, fried chicken, hamburgers. This is Chris 3rd book I believe and each one gets better and better. This book discusses many of the nutrition topics from his last book *On Target Living Nutrition*, which I recommend, but added in more comprehensive depth about healthy living not just nutrition such as focusing on rest and rejuvenation whether it be creating "white space" to mediate or close your eyes and rest to getting a massage and sleeping enough. I feel more energy and less lethargic from exercising and eating healthier. I have adopted many of Chris teachings in taking all the super foods he recommends, exercising 5x a week, drinking tons of water, and sleeping 7hrs a day. Last winter was the first time I have never been sick in my life so have to give his teachings the credit. Still not there with my food being in his inner target rings but have made significant improvements from 2yrs ago. I highly recommend this book as it will change your life for the better. I regularly preach Chris teachings to clients, friends, family members and give his books as gifts to people that I care about and want to live a healthier life. He has a great website with free monthly email newsletter as well as a iPhone app with tips and videos of his tips. And I follow him on Facebook where he gives reminders to stay healthy and fit. For \$16 this book will educate you, change your life for the better, and allow you to live a longer healthier life. Buy the book, you won't regret it. Knowledge is power.

4 of 4 people found the following review helpful. Just Do It! By Mark C. Not the best written book (phrases repeated as if he had forgotten he already said it) but it is a LIFE changing book! While reading I started making changes and was feeling better before I finished. I know my "why" and am excited about my healthier future.

3 of 3 people found the following review helpful. I love, love By Jill Goldsby I love, love, love this book! I only wish I had read it years ago. I've been struggling with the side effects of a highly acidic diet, brought on by eating extremely low-carb. Chris validates scientifically everything I had intuitively figured out. I'm following his plan, taking baby steps and already seeing results. I highly recommend this book to anyone who wants to live a healthy, active, joyous life!

Make your company's employees and its culture healthier inside and out Energy and wellness are of ever increasing importance. With an increase productivity and job satisfaction that come from a healthier life, now is the time to get healthy. A poor food environment and the demanding pace of modern day life continue to contribute to a downward spiral of health, *On Target Living* offers focused strategies to achieve positive results. Everyone knows that exercise and physical movement contribute to better health, energy, and performance. The challenge comes with knowing what to do and how to do it. Author Chris Johnson has taught thousands how to live a life in balance, and here he shares his practices with you. Developing healthy eating habits Incorporating exercise into daily routines Prioritizing rest and rejuvenation Learning the keys to living well and applying this knowledge to enhanced performance, increased productivity, and positive results for your life and work The journey to optimal health and performance begins with the ideas in *On Target Living*. Building sustainable changes into your company culture will decrease health risks and sick days while contributing to higher productivity rates, but these improvements will also contribute to healthier and more enjoyable lives for your employees.