



# **Fitness Optimization: : Learn the Essentials of a Healthy Lifestyle, The 8 key ele (Health and Fitness, Functional Strength, Feel Great Everyday)**

*John Mayo*

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GET FIT BY USING WHAT WORKS Fitness should not be viewed as a quick fad that you can achieve and then have forever. It is a lifestyle that needs to be maintained regularly. If you truly want to become a more fit person, it will not be an easy road, but I can promise it will be worthwhile. Here is a preview of what will be covered \* I will dissect the conventional definition of fitness and completely reconstruct it. \* You will learn all about the 8 primary aspects of fitness that you can improve upon to become a healthy and happier person, diet, sleep, flexibility, cardiovascular training, core, functional strength, sex and mental acuity. \* Healthy food selections \* Various effective, well-structured workouts \* The science behind why working out makes you happier \* Injury prevention \* Tons of useful tips and tricks for achieving and maintaining a high fitness level \* How to sleep better \* Increase your Libido (Sex drive) \* Maintaining a high level of personal motivation \* Highly effective and underutilized workout equipment i.e. Kettle bell, battle ropes, skipping ropes, rowing machine etc. I'm not writing this in an attempt to stroke my ego; I'm just an average guy who likes to feel good as often as possible. I got into fitness at a young age in the sport of flat-water kayaking. I experienced national and international success in the sport during the seven years that I competed. Fitness is something that will forever be ingrained in me and this book and my is my attempt to share my lifestyle with you. Join me on this quest for personal optimization, embrace the tremendous depth of the word fitness and allow me to show you how extensive this word actually is. Do you want to feel better, lose weight, be stronger and enjoy life to the fullest?

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