

DAILY INSPIRATIONS FOR EATING AND TRAINING SUCCESS 365

*A Simple
Day by Day
Program to
Redefine Your
Healthy Self*



JILL KOEGEL, RD, CSSD, CDE

Koegel, RD, CDE, Jill

D.I.E.T.S. 365: Daily Inspirations for Eating and Training Success



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"D.Have a new approach to traditional "Diets" by producing small, cumulative changes.I.S" are Daily Inspirations for Taking in and Training Success.T.E. Produced by a Registered Dietitian and Certified FITNESS EXPERT, you will end up offered particular daily challenges and strategies for turning small healthful habits into longterm lifestyles.



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