



Heartfit365: A common sense guide to perspective, choices and outcomes.

Mr. Dave Buzanko

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What I wish I knew 30 years ago. This is not a book for athletes. It is a book for parents in their 40s who hate the idea of diet and exercise and have no motivation to get started. This is a real life story of a father and his struggle to understand why heart health really matters. That young lady right above me on the cover is my daughter and this is my story, not about losing weight or becoming a triathlete, it's about wanting nothing more in life than to be her hero. I believe that experience gives you better perspective which leads to better choices, ultimately helping you manage your expectations in life. The secret to looking good, feeling good and inspiring others to feel the same, is to eat less processed foods, sit less and move more. It should be as easy as it sounds.

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