

# HOW TO USE THIS BOOK

I think the secret to getting ahead each day is to just make the small changes I will tell you about in this book. One-size-fits-all is great when you're selling ponchos, but when it comes to your health, there are so many interesting, dynamic ways to strive to be at YOUR healthy best. Turn the pages, discover the diet tips, and find the exercise.

Take a deep breath and go with it: walk, run, take a yoga class, try Pilates, garden, eat more apples, laugh more often, and cry less. This book will tell you how.

Did you know fat is not your fate? Me neither. I'll tell you why, and much more about dieting, in Part 1. Do you want to look great naked? Look great at any age? Don't worry, you can read about exercising in Part 2 of this book. When was the last time you felt a child's enthusiasm rub off on you? I have pages and pages of tips to recharge that positive attitude in Part 3.

It's the middle of the night and your eyes are wide open. . . Should you pop a sleeping pill? Read a book? Eat a bowl of Captain Crunch? Decide to get a 4 a.m. jump on your day? Or take a pre-dawn walk? It's all in Part 4.

And at the end of each chapter are journal pages so you can track your progress, keep notes. . . whatever you like. Make this book yours. Mark it up!

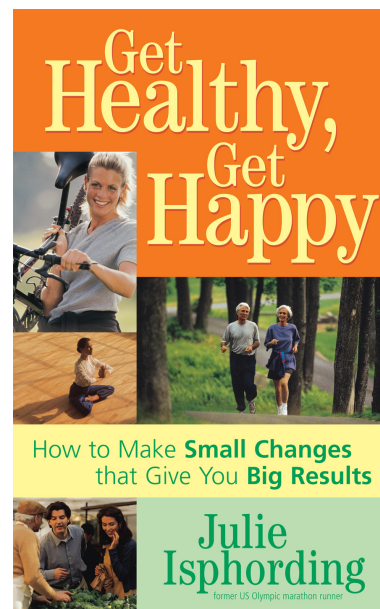
The truth is that it takes work, often a lot of work and sacrifice to make a healthy change. Sometimes the truth hurts. But with the work comes a happiness that is really earned—you cross the finish line of a marathon and feel like your heart is going to explode because you're so darn proud of yourself. You step on the scale and you reach your goal weight. You slip on that pair of pants you wore in high school (maybe college) and they fit you again. Big smile!

It's all here.

When you get old, your charm doesn't fade. Your wit doesn't age. And knowledge is still priceless. If we live well, every year we become a year's worth healthier, smarter, and wiser. We wake in the morning and our day is magically filled with twenty-four whole hours. No one can take that from you. No one receives more or less than you receive.

We spend one-fifth of our lives as children, a third becoming mature adults, and the rest of the time bemoaning the fact that we are no longer young. Forget about it! You are still that outrageously wonderful person, but why stop there? There's never going to be another one like you. Today, when you glance in the mirror, smile at the face that stares back at you. Today is another day to be our best. A day for breakthroughs and experiments. A day to rise. Another chance to shine.

Ready? Set? Turn the page!



Excerpt taken from  
**GET HEALTHY, GET HAPPY**  
**How To Make Small Changes That Give You Big Results**  
**By Julie Ispording**  
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