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[How to Eat, Move, and Be Healthy! : Your Personalized 4-Step Guide to Looking and Feeling Great from the Inside Out \(Paperback\)--by Paul Chek \[2004 Edition\]](#) Paul Chek. 5.0 out of 5 stars 1. Paperback. 11 offers from \$44.70. [Awesome Abs: The Gut Busting Selection for Men & Women by Chek, Paul](#)(December 1, 1997) Paperback

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NOTE: The following is the first chapter from Paul Chek's book How to Eat, Move and Be Healthy! IF EINSTEIN WERE YOUR DOCTOR. As you patiently sit in the lobby your gaze drifts to the mirror on the wall adjacent to the magazine rack. You see a vague resemblance of a youthful you and wonder if anyone would recognize you at a high school reunion.

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Click here for the full written transcript of this podcast episode. When I was a fledgling fitness professional, one of the first books I ever read was “How To Eat, Move & Be Healthy“, by Paul Chek. So it was a bit of a surreal experience to get to knock on Paul's front door a few weeks ago and join he and his family for an epic weekend of conversation, workouts, nature immersion, Paul's ...

The Paul Chek Podcast: How To Eat, Move & Be Healthy.

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How to Eat Less, Move More & Lose Weight

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Fill your plate half-full of vegetables and fruits at each meal. Fruits and vegetables are loaded with nutrients and fiber, and they’re lower in calories than most other foods; especially if they're organic (pesticide-free). Fill up half of your plate with 1 to 2 servings of vegetables or fruits at each meal.

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It’s critical to start each day off right with a nutritious breakfast, even if you’d rather just roll out of bed and get right to the work of your move. You’re going to want to make sure you’re getting enough of the

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good stuff to get going, so opt for things like eggs, whole grain oatmeal with fruit, and yogurt.

10 Tips for Healthy Eating While Moving | Moving.com

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