



List Maker's Get-Healthy Guide: Top To-Dos for an Even Better You!

The Editors of Prevention Magazine

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A healthy lifestyle is as easy as 1-2-3 with this ultra-practical collection of lists from the editors of America's premier health magazine

The beauty of a list is that it makes even daunting tasks seem downright doable. Every item checked off is an accomplishment in itself, as well as another step closer to success. So what better format is there for delivering need-to-know information and advice to people who want to change their health for the better?

List Maker's Get-Healthy Guide deftly distills the most relevant medical science and cogent expert opinion into a series of easy-to-understand, easy-to-use lists covering all kinds of health topics, including:

- the best (and worst) organic foods
- the germiest public places
- the most effective belly-flattening moves
- the must-haves for any medicine chest

There's something for everyone in List Maker's, no matter if their goal is to lose weight, get in shape, reduce stress, or otherwise create a healthier lifestyle. There's even room for you to write and refine your own lists as you wish. And because it's from Prevention, the brand synonymous with healthy living, List Maker's is guaranteed to inform, entertain, and inspire.

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