



**Al Rescate de tu Nuevo Yo: Consejos De
Motivación Y Nutrición Para Un Cambio De Vida
Saludable Spanish: To The Rescue Of A New You:
Advice for a healthy lifestyle change (Spanish
Edition)**

Ingrid Macher

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You have just taken the first and most important step to losing weight and staying healthy. I am here to tell you... **YOU CAN CHANGE YOUR LIFE!** Making changes that directly affect your lifestyle can be intimidating and may seem impossible, but it is not! It is actually pretty easy. I know it, because I did it! I am a certified holistic health coach, certified personal trainer, health motivator, mom of two beautiful girls and your best ally. I have spent years figuring out what works and what doesn't work when it comes to weight loss and regaining health. Today, I am very happy to be able to share with you my secrets on how I lost over 50 pounds in 90 days, and how I've been able to keep it off! If you ever wanted to lose weight, this is your opportunity and this is the guide that you have been looking for. I assure you that if you follow these simple tips, step by step, you too will get amazing results. My passion is to help people change their lives. You can be the next one. Don't think of this as a diet. Use this manual to help you kick-start your new lifestyle. And remember, you are not alone! Acabas de tomar el primer y más importante paso para bajar de peso y mantenerte sana. Estoy aquí para decirte que... **¡PUEDES CAMBIAR TU VIDA!** Hacer cambios que rompen con tu actual forma de vivir puede intimidarte y parecer imposible, ¡pero no lo es! En realidad es bastante fácil. Lo sé, porque lo he hecho. Soy entrenadora de salud holística y entrenadora personal certificada, motivadora de salud, madre de dos hermosas niñas y tu mejor aliada. He pasado años aprendiendo lo que funciona y lo que no funciona en materia de control de peso y recuperación de la salud. Y hoy, estoy muy feliz de poder compartir contigo mis secretos, ¡de cómo perdí 50 libras en 90 días, y cómo he podido mantenerme a través de los años sin volver atrás! Si alguna vez has querido bajar de peso, esta es tu oportunidad y esta es tu guía. Te aseguro que si sigues estos consejos paso a paso, también alcanzarás los mismos resultados. Mi pasión es ayudar a las personas a cambiar sus vidas. Tú puedes ser una de ellas. No consideres esto un régimen de dieta. Úsalo como un manual para empezar tu nuevo estilo de vida. Y recuerda, en esta travesía no estás solo. "Un nuevo método está revolucionando el mundo de la salud" —Ismael Cala en CNN "La nueva gurú de las Dietas y Ejercicios" —The Bayly Show en Mega TV ¿Lista para cambiar tu vida?

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