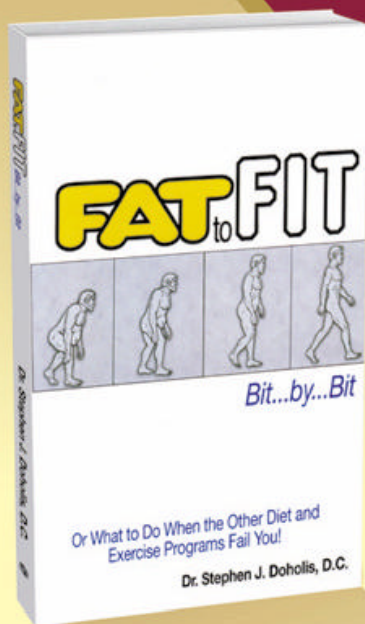


# What to do When the Other Diet and Exercise Programs Fail You!



## **FAT to FIT Bit...by...Bit!**

**Dr. Stephen J. Doholis**

**"Small behavioral changes in diet, exercise and a healthy lifestyle, over time, can successfully meet your goals of weight loss & long term health!"**

### **Here's the Book for You!**

The essence of the book, FAT to FIT, BIT...by...BIT, is in promoting a proper healthy diet, an exercise program that is multi-faceted in nature, along with motivation, rest and a proper functioning nervous system as integral components of GOOD LONG TERM HEALTH!

The most important benefit is, it puts HEALTH as the final goal in the process, with small behavioral changes over time, to accomplish that result. It is not a quick fix system but rather a methodical ongoing process of goals and results.

### **Overview of Chapters:**

- Chapter 1: Why write this book?
- Chapter 2: Fat to Fit: An Overview
- Chapter 3: Healthy Diet
- Chapter 4: Snacks, Supplements and Miscellaneous
- Chapter 5: Exercise
- Chapter 6: Rest and Relaxation
- Chapter 7: Motivation: The spark that Lights the Fire!
- Chapter 8: Your Nervous System, Your Health and How Chiropractic can Help!
- Chapter 9: So Why was it that I Wrote this Book?

### **About the Author:**



As a natural health practitioner for almost 30 years, and practising in the Phoenix area for the past 13 yrs, Dr. Doholis has always been interested in diet and supplements as part of the normal regimen of his patients. He has done extensive personal research into many of the top diets, trying a few of them and realized that many did not actually promote overall "health", as part of the process or goal. Most diet and exercise programs are essentially "quick fix systems", that give you limited return for your efforts, since you usually end up back where you started, or worse, in 3-6 months!

*Dr. Doholis is available on a limited basis for speaking engagements / lectures.*

Contact Info: Office: (602) 224-5141 Fax: (602) 956-1716

**FAT to FIT, Bit by Bit . . . for your Weight Loss Goals and Good Long Term Health!**

**Order Direct from the Publisher:  
AuthorHouse.com**

