



52 Simple Steps to a Better Life (Volume 1)

Mel J O'Keefe

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Mel O'Keefe has spent most of his adult life (35 years) as a health and fitness professional, with the exception of approximately 8 years in his thirties when 'life' got in the way and he lived each day as if he was celebrating his birthday. He is brutally honest about the fact that he was fat (obese) because he ate too much, drank too much and didn't exercise, even though it had been, and would once again be, his primary source of employment. 52 Simple Steps to a Better Life happened because Mel knew that he regained his health and fitness because he sought out the professional help of coaches and nutritionists. His successful return to competing in road races and triathlons would never have come to fruition if he had relied on his own knowledge, education, or willpower. This belief has been validated over the last 7 years as a certified personal trainer in a health club in Mount Pleasant SC. Members who hire a professional achieve results and members who choose the 'do-it-yourself' approach almost always fail. This book is, as stated, simple steps anyone can take irrelevant of their level of fitness, age or access to fitness equipment. Mel starts with simple steps to better nutrition followed by exercise then motivation/inspiration and finishes with a philosophical look at how health is the most important aspect of the time we human beings spend on earth. The accompanying 'book 2' is Mel's (almost) daily diary that describes how the challenge of writing a book about how to lead a fit and healthy life mirrors the approach needed to lead that fit and healthy life! A book, just like a fit and healthy body doesn't just happen. More importantly though both goals are, if the simple steps are followed, attainable to anyone. Because you'll come to the conclusion that if a fat and lazy lump like Mel can turn his life around and compete in an Ironman Triathlon, run 18 marathons in 18 days, have kids in his fifties and write a book, then anyone can do it!

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