



# **Fit Actions: A Guys Take Action Fitness & Diet Tips, Tricks and Hacks To Pack On Muscle, Boost Energy, Be Fit and Strong, Forever!**

*Doug Bennett*

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Doug Bennett states, "Reading is for your mind. FitActions was written for results! Take action today and see results tomorrow!" The problem with most fitness and diet books is that they fill up the pages with lots of copycat information, without giving direct action steps to getting results. Doug Bennett, has decided to change all that. He has written a laser focused, Take Action Book called Fit Actions to help increase your fitness level, boost your energy, ignite your metabolism and be a strong, fit man. Fit Actions was written for the average guy who has been frustrated by the diet gimmicks, girly workouts and plain internet nonsense. It is not written for someone who wants to pose up on stage or eat just boiled chicken. Now, real guys with a real life can take sensible actions to improve their health and body one tip at a time. FitActions includes over 50 expert fitness and food actions that can make you faster, stronger, fitter, healthier and happier. This NO B.S. plan will get you closer to your individual fitness and diet goals. Doug guarantees that this book will give you at least one action, tip, habit or shortcut to live a ultra fit and healthier life.

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