

Eat Well, Move Well, Live Well: 52 Ways To Feel Better In A Week By Galina Denzel, Roland Denzel



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Exercise can help you age gracefully

I cut down to once a week, which seemed to work out well. "You would have a restless energy and feel like you have to engage in some be viewed as a necessity -- like eating and sleeping -- as it can quite literally save your life. you reach your "golden" years ... but if you haven't, there's no better time

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Wellness coaches Roland and Galina Denzel discuss their book Eat Well Move Well Live Well/ 52 Ways to Feel Better in a Week.

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Eat Well, Move Well, Live Well" features interviews with wise and relatable experts, alongside Galina and Rolands personal anecdotes. The authors have

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Eat well, move well, live well: 52 ways to feel better in a week

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