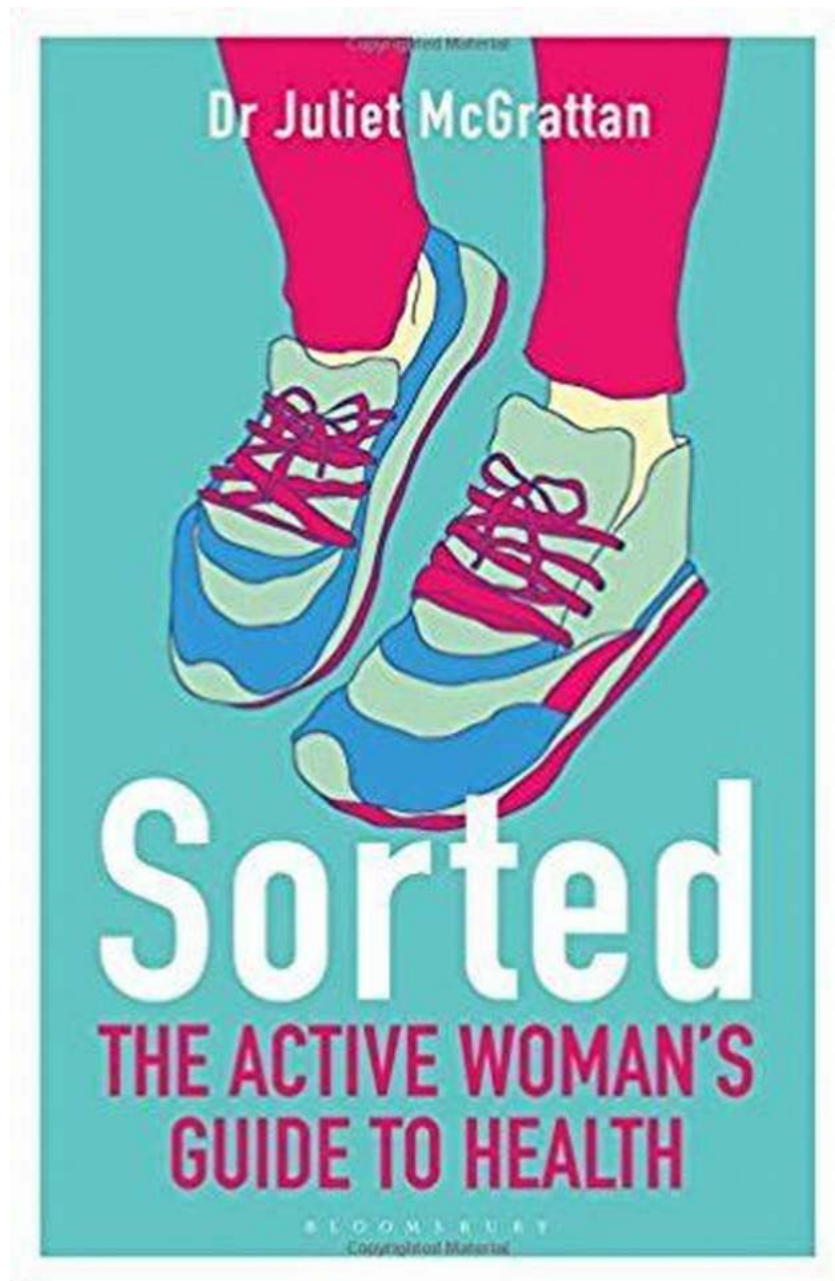


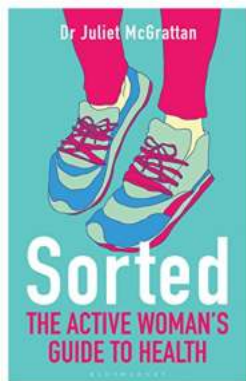
# The Ultimate Guide to Staying Active and Healthy: Sorted



Living an active and healthy lifestyle is crucial for women in today's fast-paced world. With so many responsibilities, it can be challenging to prioritize your well-being. However, with *Sorted: The Active Woman Guide To Health*, you can now find the ultimate resource to help you achieve a balanced and fulfilling life.

## Why Sorted?

Sorted is not just another health guide; it is specifically tailored for active women who want to take charge of their well-being. Whether you are a busy professional, a mom juggling multiple roles, or a student striving for success, Sorted provides you with the tools and knowledge to thrive in every aspect of your life.



## Sorted: The Active Woman's Guide to Health

by Juliet McGrattan (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 32020 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 258 pages

Screen Reader : Supported



## The Importance of Being Active

Regular physical activity is not only essential for maintaining a healthy weight but also plays a significant role in improving mental health, reducing the risk of chronic diseases, and boosting overall well-being. However, finding the time, motivation, and appropriate workouts can be overwhelming. Sorted simplifies the process by offering easy-to-follow exercise routines designed specifically for active women.

## A Balanced Approach to Nutrition

Keeping a well-balanced diet is another key component of leading a healthy lifestyle. Sorted provides extensive guidance on proper nutrition, offering

delicious and nutritious recipes tailored to meet the needs of active women. From quick and energizing breakfast options to post-workout recovery meals, Sorted ensures that you are fueling your body with the right nutrients to optimize your performance.

## **Mindfulness and Self-Care**

Maintaining good mental health is just as important as physical health. Sorted emphasizes the significance of mindfulness and self-care, providing tips and techniques for stress reduction, relaxation, and improving overall emotional well-being. By incorporating these practices into your daily routine, you can achieve a better work-life balance and find the motivation to excel in all aspects of your life.

## **Supportive Community**

With Sorted, you are not alone on your health journey. The guide offers access to a vibrant online community of like-minded active women who are there to support and motivate each other. Joining this community allows you to share experiences, ask questions, and celebrate achievements, making your health journey even more enjoyable.

Leading an active and healthy lifestyle is not just a goal; it is an ongoing journey that requires dedication and guidance. Sorted: The Active Woman Guide To Health is the ultimate resource for women who are determined to prioritize their well-being. With its comprehensive approach to fitness, nutrition, mindfulness, and community support, Sorted equips you with everything you need to thrive in all areas of your life. So, what are you waiting for? Get Sorted today and embark on your path to a healthier, happier you!

## **Sorted: The Active Woman's Guide to Health**

by Juliet McGrattan (Kindle Edition)

★★★★☆ 4.6 out of 5



Language : English  
File size : 32020 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 258 pages  
Screen Reader : Supported

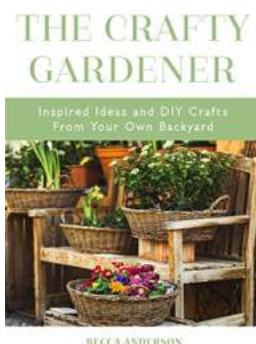


WINNER OF THE POPULAR MEDICINE BOOK OF THE YEAR 2018, BMA  
BOOK AWARDS

RUNNING AWARDS 2019 – TOP BOOK

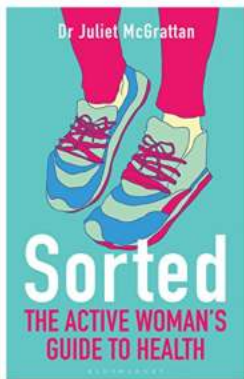
'Juliet talks with you, not at you, and her enthusiasm for the joys of an active lifestyle is bound to inspire millions of women of all ages to lead healthier, fitter and much happier lives.' Lisa Jackson, author of *Your Pace or Mine? What Running Taught Me About Life, Laughter and Coming Last*

A friendly, accessible handbook that gives you a top-to-toe MOT to help you stay fit and well. From wearing the right bra or exercising during your period, to recovering from illness or keeping active during pregnancy, Juliet's advice will soon have you sorted and on the road to health.



## **Transform Your Backyard into a Country Paradise with These Stunning DIY Crafts and Inspired Ideas**

Are you tired of the same monotonous interior decor? Do you long for a cozy and inviting space that reflects the tranquil beauty of the countryside? Look no further than...



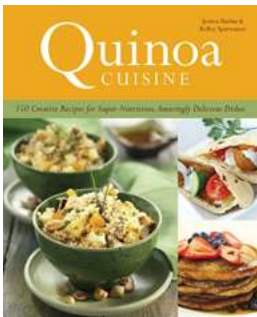
## The Ultimate Guide to Staying Active and Healthy: Sorted

Living an active and healthy lifestyle is crucial for women in today's fast-paced world. With so many responsibilities, it can be challenging to prioritize your...



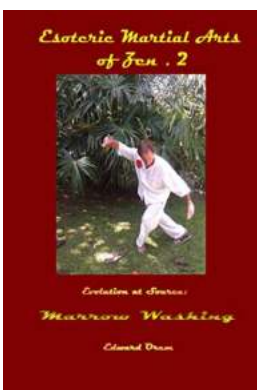
## The Present Is Gift: Embracing the Beauty of Now

Life is a beautiful journey filled with opportunities, challenges, and moments that take our breath away. In this fast-paced world, we often find ourselves chasing after the...



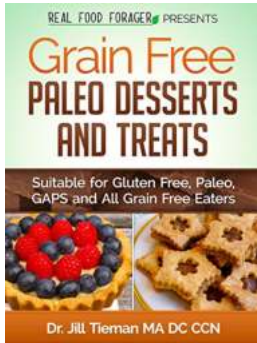
## 150 Creative Recipes For Super Nutritious Amazingly Delicious Dishes

Are you tired of cooking the same old meals every day? Do you want to add some excitement and variety to your diet without sacrificing nutrition? Look...



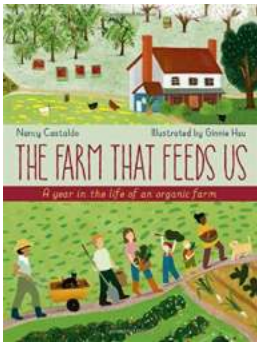
## Evolution At Source Marrow Washing Esoteric Martial Arts Of Zen

Have you ever wondered how martial artists achieve unparalleled strength, agility, and focus? How do they make their bodies seemingly invincible and tap into cosmic energy?...



## Why Grain Free Paleo is the Ultimate Solution for Gluten-Free, Paleo, GAPS, and All Grain-Free Eaters

Are you tired of restrictive diets that limit your food choices and leave you feeling unsatisfied? Do you have dietary restrictions such as gluten intolerance or grain...



## The Fascinating Journey: A Year In The Life Of An Organic Farm

Have you ever wondered what it takes to run an organic farm? From planting seeds to nurturing crops, harvesting produce to selling them in local markets, the...



## Discover the Magic of Essential Oils Pocket Guide Dr Paul Lam

Are you tired of chemical-filled products that promise miraculous results but end up causing harm to your body? If so, it's time to explore the world of essential oils and...