



**By Spencer Coffman**  
[www.SpencerCoffman.com](http://www.SpencerCoffman.com)

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A HEALTHIER YOU 101 POWERFUL TIPS FOR A FITTER, HEALTHIER  
YOU

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Written by Spencer Coffman.

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## About the Author

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Spencer Coffman has a background that proves he can accomplish whatever he puts his mind towards. He received the Presidential Award for Academic Excellence in 2005, at age 12. He then became homeschooled and finished middle school and high school in only three years and was published in the Who's Who Registry of Academic Excellence for the 2007-2008 year. By age 14 he had diplomas in Professional Locksmithing and Advanced Locksmithing.

In 2008, he enrolled in Alexandria Technical College where he excelled, receiving an Associates degree in Individualized Professional Studies and a diploma in Concrete Masonry all before age 17. He was also a part of the Phi Theta Kappa International Honor Society. While in the Concrete Masonry program, he achieved first place in a local Skills USA competition. He continued onto the state competition where he also received first place. Spencer continued on to the national competition and placed eighth.

In 2010, Spencer enrolled at Minnesota State University Moorhead, where he received a Bachelors of Arts Degree Summa Cum Laude in Psychology and a Bachelor of Arts Degree Magna Cum Laude in Philosophy. Spencer was 19 when he graduated from MSUM and was a part of the Psi Chi International Honor Society. He then worked very hard to publish his undergraduate thesis, and in 2013, his experiment, Facial Expression: The Ability To Distinguish Between Enjoyment and Nonenjoyment Smiles, was published in the Psi Chi Journal of Psychological Research.

Spencer then studied at the American TESOL University to become certified to Teach English to Speakers of Other Languages. He became certified to teach Children and Advanced students. He was then hired by the university to completely re-write and restructure their syllabi and curriculum. In addition, he revised their online platform and made it mobile ready.

When his job there was complete, Spencer began extensively studying micro-expressions, emotions, and behavior. He was a natural and became certified at the expert level in both the Micro Expression Training Tool and Subtle Expression Training Tool developed by Dr. Paul Ekman. Spencer then decided to write a book of his own on body language. "One that would be short and simple. A book that would be very easy for people to pick up and read and understand in no time at all." In 2015, Spencer published A Guide To Deception, a book that educates readers about deception and teaches them how to detect lies. Since then, Spencer has been working on writing

several other books on a variety of different topics. Some of which include eBooks on what he has learned while in business for himself, and books that are designed to help other people live better lives.

Spencer has become an excellent video creator and is proficient in several video editing software tools and other editing programs. He manages several successful YouTube channels and has many online aliases. Spencer has also composed several songs and musical albums that are used in the YouTube videos. In addition, he manages and maintains over 40 different social media accounts on sites such as Facebook, Twitter, Pinterest, Google Plus, Blogger, Reddit, Stumble Upon, and More! In short, Spencer has learned to dabble in almost anything and he pours out his passion, knowledge, and experience for anyone who wants to learn what he has learned.

Spencer has an extensive domain name portfolio, which he modifies regularly depending on which domains he buys and sells at the time. He has created and designed hundreds of websites, and currently manages and maintains over 60 different sites. Many of his domains are listed for sale on places like GoDaddy, Sedo, AfterNic, Flippa, and eBay. Spencer is also a part of several different affiliate-marketing businesses, he has created and hosted webinars, learned the ins and outs of email marketing, and is always willing and ready to learn something new. Take a look at his website [www.spencercoffman.com](http://www.spencercoffman.com) and check out all of the great resources he has to offer.

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# Introduction

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**Fact:**

*If you want more out of life,  
you need to be ready to commit,  
and invest more into staying fit  
and eating right. ~ Spencer Coffman*

There are an insurmountable amount of diet plans and exercise programs that have all been sprouting like mushrooms over the past few years. That is probably something that will never change. People always want to get in shape and have a great looking body. The bad thing is that all of these programs claim to provide the fastest results. The good thing is that all of these programs have the same basic principles, which are diet and exercise. That's it, the basic equation to staying fit and healthy is having a proper diet and getting regular exercise.

It has been called by many names, defined in so many ways, and presented in so many forms. However, the bottom line is that all health and fitness programs boil down to these two fundamentals: DIET and EXERCISE. There is no other way to go about it, especially if you want lasting results.

Yet, despite this common knowledge on what needs to be done to stay fit and healthy, most people still struggle to maintain that slim and sexy look. More and more everyday, people are going in the opposite direction. This country is gaining weight exponentially, yet millions of people say they wish they could be thinner and more fit!

As a result, the weight loss industry has become a highly lucrative market. Food manufacturers, nutrition experts, gyms, plastic surgeons, and more, feed from the growing desperation, and depression, of overweight and obesity.

Even though the equation to fitness and health is so simple and straightforward, it remains a great challenge. Basically, it is easier said than done. With the demands of daily living, work-related stresses, social pressures, life changes, holidays, travels, winter seasons, and everything else in between; it is a great difficulty to stay in shape. There are simply too many easy, fast, convenient, great tasting foods out there! All of which are

contributing factors that can disrupt fitness routines and upset diet regimens.

The real challenge here is on how you can possibly stay resolute and consistent with the program, despite internal and external factors that often come into play.

This eBook is designed to help you equip yourself with tips, tricks, and practical advice on how you can stay fit and healthy in the modern times. That way you can have everything you need to become a fitter, healthier you!

It doesn't have to be a constant struggle. Fitness and healthy living is not a temporary phase or a convenient solution that you can readily pull out from your closet in time for the summer season or during special occasions. If you want lasting results, ditch the two-week plan or the six-month program. Make health and fitness an integral part of your lifestyle, as it should be. You need to break the habit of always eating junk food and get into the habit of making your own healthy food. It isn't easy, but it will get easier as you start to break the cravings for those "bad for you" foods.

Read on and find out you can live, breath, eat, move, and think healthy!

Visit <http://www.spencercoffman.com/a-healthier-you/> to continue reading this eBook. Show the author your support and [purchase A Healthier You for only \\$2.99!](#)