

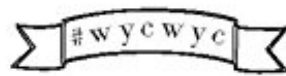
(Free pdf) What You Can When You Can: Healthy Living on Your Terms

What You Can When You Can: Healthy Living on Your Terms

Carla Birnberg, Roni Noone

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-VENUS WILLIAMS



WHAT YOU CAN WHEN YOU CAN



HEALTHY LIVING ON *Your* TERMS

CARLA BIRNBERG & RONI NOONE

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Carla Birnberg, Roni Noone : What You Can When You Can: Healthy Living on Your Terms before purchasing it in order to gage whether or not it would be worth my time, and all praised What You Can When You Can: Healthy Living on Your Terms:

7 of 7 people found the following review helpful. Motivating And Empowering!By Courtenay C BrinckerhoffThis is the book that the diet industry doesn't want you to read because it reveals the real secret to reaching your weight loss and fitness goals and it doesn't require following a strict diet, spending hours at the gym, or taking expensive supplements. It all boils down to doing what you can when you can, and, really, how could you possibly do more? The message is simple, but empowering. No matter where you are, no matter how many competing responsibilities you face, you can do this much, and you will get healthier in the process. Carla and Ronnie don't talk down to you--they share from their own experiences and fill every chapter with common sense, practical tips for responding to everyday

situations in ways that will help you reach your goals. Crash diets and extreme exercise programs fail because we can't sustain them. WYCWYC shows you how you can succeed by making seemingly small but cumulatively important decisions every day, no matter what life throws your way. If you are frustrated with failed diets, burnt out from the gym, or just need some motivation this book is for you. 6 of 6 people found the following review helpful. #WYCWYC Your Way to Success By Courtney Have you heard about the latest wellness movement? It's #wycwyc (pronounced wick-wick) and stands for "What You Can, When You Can." The brainchild of Roni Noone and Carla Birnberg, the concept is that the crazy fad diets (cabbage soup, anyone?) and the marathoner mindset don't help anyone actually become fit and healthy for life. Instead, the small daily actions that we squeeze into our real, overstuffed lives are what actually makes a difference. For example, when going to Target, park as far as possible and get some extra steps in #wycwyc. Or get the side salad instead of the fries at the burger joint #wycwyc. Go to bed early so you'll be ready for tomorrow #wycwyc. I've been listening to their podcast on my own daily walks (#wycwyc baby!) and I love it. It's like chatting with my best girlfriends (none of whom, sadly, live close enough to take a daily walk together). Their book is a series of short essays illuminating and exemplifying the #wycwyc philosophy and integrating it into your daily life. It's just the daily shot of motivation needed to keep #wycwyc-ing your way to your goals. Carla and Roni really want to create a social media community of wycwyc-ers coalescing around the #wycwyc on Twitter, Facebook, and Instagram. They are both super friendly and approachable, real women who really understand the struggles faced by the average woman, in the real world. Roni's Green Lite Bites has long been a favorite go-to recipe site for me. Can't wait to see what they'll do next. 9 of 9 people found the following review helpful. hydrating happily and meditating By Kyra When I listened to the WYCWYC podcast, I found myself cleaning up my office (thank you Carla and Roni!). I immediately turned to the Tricks Of The Trade chapter and began reading about decluttering, hydrating happily and meditating. I love that this book is broken in to short segments. Don't feel like reading from the beginning? Don't! Jump to whatever interests you in that moment. This book is a perfect example of "take what you need."

We all know we should eat better, exercise more, get better quality rest, and so on. Tell us something we don't know, right? After all, every statistic we have about Americans and our health proves that no matter how good our intentions are, we are failing to change the habits that undermine our well-being. But how do we achieve our healthy living goals when they're so daunting? Who has the time, the willpower, the resources to do all that nutritious eating, muscle building, restful sleeping, and work-life balancing? Carla Birnberg and Roni Noone have the answer to that—the answer is you. You have the power to make healthier living easy and exciting, just by adopting one simple mantra: "What you can when you can." It's all you need. What You Can When You Can (#wycwyc) is a book, a movement, a mindset, and a lifestyle—one that harnesses the power of small steps to let you achieve your health and fitness goals on YOUR terms. The #wycwyc (pronounced "wickwick") philosophy applies to anything and everything that contributes to a healthy, happy life: nutrition, exercise, physical and mental rejuvenation, and so much more.

"Refreshing and straightforward, What You Can When You Can is the ultimate mindset for making health and happiness your best habits. Simple, powerful, real." —Venus Williams "Think you're too busy to be healthy? Read this book." —AJ Jacobs, bestselling author of *The Year of Living Biblically* and *Drop Dead Healthy* "After reading this book, 'What you can, when you can' has become my new motto. It's the perfect mantra to help me be my best self, without putting unrealistic pressure on myself to be 'perfect.' If we all adopted the #wycwyc way of life, we'd all be happier—and healthier too!" —Rachel Bertsche, bestselling author of *Jennifer, Gwyneth Me and MWF Seeking BFF*