



Are you a Busy Bee? How to get Your Wings in Shape

Ricky Bengani

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Everyone wants to stay fit and healthy, but many are not able to because of several factors such as time. This book has been dedicated to teaching people, especially teens, about how to stay healthy and lead a much better life even in tough circumstances. We ourselves are teenagers who have written this book and are trying to promote it throughout our community. This book has been divided in a few sections for the sake of organization, the sections talk about many things such as basic information about carbohydrates, proteins and fats. It also includes additional information about cells and tissues. There is also a section specifically about healthy eating, which explains how you can get a nutritious meal whether you are at home or if you are travelling, and a section about unhealthy eating where we discuss the repercussions of eating unhealthy, such as diseases. We have also included a few sample recipes which are as healthy as it can get, so that you know what we mean by “healthy food”. Many believe that healthy food means insipid or unpalatable food but this isn’t true, it is not hard to find something to eat that is healthy and tastes great as well. Check out our sample recipes, they were not hard to find and yet they are good for you and will appeal to your taste buds. We intend to provide motivation to not only teens but everyone else so that they may be able to enjoy there life by living fit and long through good nutrition. We also hope that this book provides some helpful and practical information and tips that can be applied by everyone, young and old.

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