



# The Spark

*Chris Downie*

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Updated Edition! America's #1 diet and fitness site, comes *The Spark*. This groundbreaking book outlines the best of what has worked for millions of members who have lost weight, kept it off, and reached other goals. Driven by positive energy and proven results, *The Spark* outlines a breakthrough formula that combines nutrition, exercise, goal setting, motivation, and community, which has helped people change their lives beyond the scale. Discover the 27 Secrets of Success—the best action steps, foods, and proven medical advice that have helped tens of thousands of members lose from 2 to 200 pounds. Special tips from people who lost 100 pounds or more—see what these people had in common and what they did and didn't do to make huge transformations in their lives. A step-by-step 28-day program that brings together the most effective, medically accepted nutrition and fitness practices from SparkPeople experts in an easy-to-follow plan, including flexible mix-and-match meal plans, fully illustrated workout programs, full-color before-and-after success stories, and more! **And, new to this edition! Breakthrough survey results have been used to create a Strong Start Guide to help you jumpstart your weight-loss efforts. Based on what tens of thousands of successful SparkPeople members did to lose weight and change their lives, this guide tells you what to do in the first two weeks to make you five times more likely to reach your ultimate weight-loss goal!** Whether you want to fit into your “skinny jeans,” improve your health and fitness levels, change your outlook and mood, or reach all new goals, *The Spark* can help you transform your body and your life. What are you waiting for? Spark your life today!

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