

Make 2013 your fittest year yet with titles from the Book People

/EINPresswire.com/ UK (Submitpressrelease123.com - submit press release) For a lot of people, January means New Year's resolutions and the Book People is on hand to help customers on their quest to make 2013 their fittest year yet.

Eating healthier and getting more exercise are two of the most popular resolutions people make and to help them meet their goals, the online [books store](#) is offering lots of publications that encourage individuals to improve their diet and boost their fitness levels.

Eating well doesn't have to mean bland food and for those who love to cook there are plenty of healthy recipe books to try. For a taste of Italy, La Dolce Diet by TV chef Gino D'Acampo could be the perfect choice, as this includes 100 recipes and lots of exercise tips. Alternatively, The Hairy Dieters - How to Love Food and Lose Weight by friendly northern chefs the Hairy Bikers, shows people can still enjoy tasty pies and hearty dishes such as bolognese if they want to lose weight.

For those who are serious about overhauling their eating habits, the Book People recommends The Complete Dukan Cookbook, which includes over 300 recipes from Dr Pierre Dukan himself.

If people want to [buy a book](#) to help boost their exercise regime, New You Boot Camp offers structured exercise plans that can be introduced around everyday life, as well as advice on eating well. What's more, it's available for just £2.

And for those who just want something great to read this January, Yoga For People Who Can't Be Bothered To Do It by Geoff Dyer is, in fact, not an exercise book at all – despite its title – but an engaging and absorbing travel publication.

Lindsay Eyers, Social Media Manager at the Book People, said: "Sticking to New Year's resolutions isn't always easy and we hope people will be inspired by some of the great titles we have on offer – especially as they're available at such low prices!"

The Book People is an online book store where shoppers can find everything from travel publications, recipe books and history titles, to fiction, autobiographies and the perfect [kid's book](#) for their children.

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