



Calgary Company Launches New Report On The Keto Diet

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One Day to Health, a company based in Calgary, Alberta, Canada, has announced the launch of a new, free report on the Keto Diet. The report is called The 11 Minute Keto Diet Approach, and offers insights into this new diet that has become quite popular over the past few months.

Preben Ormen, co-founder of the One Day to Health website and web community, states, "We've developed this report to answer common questions about the Keto diet and to help people better understand this approach to changing their lifestyle and losing weight."

The free report The 11 Minute Keto Diet Approach covers how Keto diets work and what people need to do to get started. It explains that there is no need to purchase special foods because all menus on the diet are made from things that most consumers have readily on hand, which Ormen states is one reason why the diet is so popular for the average consumer.

"People don't want a diet program that costs them more than what they typically spend on groceries in a month," Ormen says. "This diet is constructed of things that you have at home, things that you can find in any

grocery store, and it doesn't require you to spend hundreds of dollars a month on specialty foods or processed meals."

In conjunction with the release of the report, One Day to Health has also released the video 3 Mistakes People Make While on Keto, which helps to better clarify simple things that most consumers are doing wrong when approaching this weight loss plan.

Both the report and the video outline ways to follow the said diet without spending hours every day preparing meals, and identify common roadblocks that some consumers face as well as how to overcome those obstacles and make the diet more successful.

Ormen says that the report is specifically designed to help consumers to better combine their workouts with their diet plan to experience maximum results with little effort. Those interested in learning more about the newly released report can visit One Day to Health on their official website.

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One Day to Health

One Day to Health shares insights into nutrition, weight loss, exercise, supplements, aging, and emotional and physical health. We help you make healthy choices today so this one day will lead to a healthy mind and body.

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