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

Carla Birnberg, Roni Noone

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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.

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