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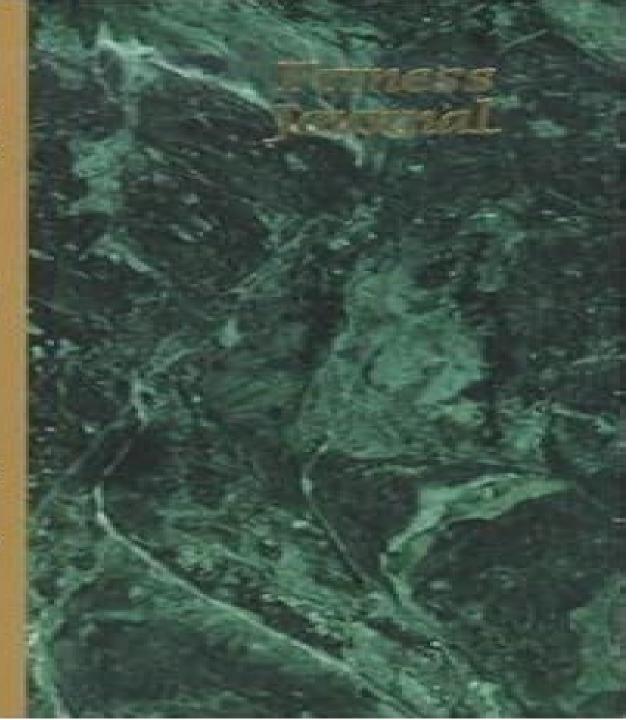




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The 90day Fitness Journal Use It And Lose It

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The 90-Day Fitness Journal Brad Peterson,1999-12-20 The 90 Day Fitness Journal is packed with information It contains an easy to use daily record keeper a complete listing of calories and fat grams including fast foods along with dozens of excellent low calorie low fat recipes There are exercise tips and a calorie burning chart We have included light hearted daily quotes and cooking tips that will entertain and encourage those trying to overcome the challenges associated with long term weight loss In a nutshell this is the most sensible inspirational and informative hands on book of its kind Dr Nancy Snyderman of Good Morning America called to say that our Fitness Journal was absolutely the best and most user friendly book of its kind she had seen This compact and functional book is a great word of mouth item It truly helps people 90-Day Fitness Journal Rose Sery,2010-01-05 Getting fit has never been easier This accessible yet comprehensive fitness companion has all the information anyone needs to get into shape the right way right away It covers both exercise and nutrition with smart effective strategies for healthy weight loss and maintenance There are simple formulas for determining daily fat and calorie consumption advice on the ideal weight range for your body type an extensive list of exercises and the calories they burn an incredibly broad list of foods and their nutritional values data on essential vitamins and minerals and numerous other helpful charts Most important a 90 day journal helps users track their workouts their eating plan and their speedy progress

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