

A Practical Approach to Weight Reduction and Weight Management Based on Scientific Understanding of Fat and Body Weight Regulation

The Halo Affect Tim Atkinsons High Activity Low Obesity <u>Diet And Exercise Plan</u>

Yicheng Fang

The Halo Affect Tim Atkinsons High Activity Low Obesity Diet And Exercise Plan:

The HALO Affect Tim Atkinson, 2005-03 Scientist Tim Atkinson through his experience of personal fitness and specialist knowledge of obesity tackles the thorny issue of successful weight reduction and offers a new insight into the dieting realm that combines nutrition exercise and psychological factors The HALO Affect should inspire educate and motivate people to reduce food intake and increase activity output whilst showing how these actions will improve and benefit health Explains the nature of fat and obesity Tells us how to lose weight with easy simple and practical steps Explodes the myths of dieting regimes and why they don t really work for the majority Gives a scientific basis to nutrition and fitness Provides a holistic approach to reducing fat Practical tips on how to resist cravings Offers a recipe for success to lose and maintain weight loss Offers practical work out tips and advice The Halo Affect Tim Atkinson, 2005-03-24 Scientist Tim Atkinson through his experience of personal fitness and specialist knowledge of obesity tackles the thorny issue of successful weight reduction and offers a new insight into the dieting realm that combines nutrition exercise and psychological factors The HALO Affect should inspire educate and motivate people to reduce food intake and increase activity output whilst showing how these actions will improve and benefit health Explains the nature of fat and obesity Tells us how to lose weight with easy simple and practical steps Explodes the myths of dieting regimes and why they don't really work for the majority Gives a scientific basis to nutrition and fitness Provides a holistic approach to reducing fat Practical tips on how to resist cravings Offers a recipe for success to lose and maintain weight loss Offers practical work out tips and advice

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