



The LA Costa Diet and Exercise Book

Smith,

Note: This is not the actual book cover

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JE Gale



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The La Costa Diet & Exercise Book R Philip Smith,1979-03 *The La Costa Diet and Exercise Book* R. Philip Smith,1983-01-01 **Not Another Diet Book** Bobbe L. Sommer,1987 Current Catalog National Library of Medicine (U.S.),1979 First multi year cumulation covers six years 1965 70 Health Education Marion C. Chafetz,1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women s health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index **The Dieter's Almanac** Theodore Berland,1984 Abstract A complete week by week diet and exercise program arranged around different themes for each week of the year is presented in this comprehensive guide to weight loss and permanent weight control A 90 day exercise plan progresses through four levels of intensity flexibility firmness strength endurance to a maintenance program designed to reach and maintain peak fitness Detailed descriptions and diagnosis are provided for a variety of each type of exercise Food nutrition and diet related topics that are examined include 1 behavior modification 2 emotional and cultural dependencies on food 3 guidelines for low calorie food and drink preparation 4 attraction of quick weight loss schemes 5 vegetarian diets 6 nutritional needs of pregnancy 7 importance of breakfast and 8 the role of appetite in regulating food intake Selected diet organizations i e Weight Watchers International Diet Workshop TOPS Club Overeaters Anonymous Diet Control Centers Lean Line Diet Center Truans Clubs and their basic principles and sample menus are described Background information is presented on major classes of nutrients i e proteins carbohydrates fats vitamins and minerals and disorders associated with overweight Tables show nutrient requirements functions and food sources desirable weights for men and women and the Recommended Dietary Allowances and Estimated Safe and Adequate Allowances for selected nutrients aje *The La Costa Book of Nutrition* Patrick Quillin,A. Gordon Reynolds,1990-06

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