

Pocket Guide to Fitness: All You Need to Know to Start Working Out Effectively (Paperback)



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POCKET GUIDE TO FITNESS: ALL YOU NEED TO KNOW TO START WORKING OUT EFFECTIVELY (PAPERBACK)



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AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Louiza Patsis has been working out intermittently since she was nine years old. She first worked out in a gym at her high school St. Francis Prep in Fresh Meadows, NY. She did not begin to work out regularly in a gym doing cardiovascular work and lifting weights until December 2003. She has not stopped for over 12 years. Ms. Patsis also has a Bachelor s of Arts in Chemistry and Masters of Science in Biology from New York University. She is the President of LP Enterprises. Ms. Patsis in the past has been certified as a personal trainer by the American Council on Exercise, the American College of Sports Medicine and the International Sports Sciences Association. Louiza Patsis is the author of The Boy in a Wheelchair, which she wrote at 10 years old. It tells the story of a boy who is physically challenged and bullied, and yet excels in school and plays sports. She is also the author of Life, Work and Play: Poems and Short Stories, a collection of works written in the span of 12 years. To order, call LP Enterprises at (212) 252 - 6947, or send an email to.



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