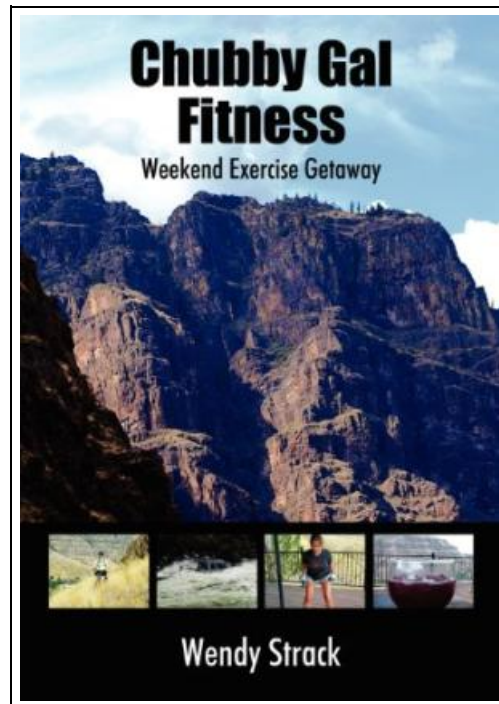


Chubby Gal Fitness: Weekend Exercise Getaway



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Reviews

A very awesome publication with perfect and lucid information. It is probably the most awesome book i have read. You may like how the author publish this pdf.

(Dr. Celia Howell DVM)

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Outskirts Press, United States, 2012. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you 20 to 30 pounds overweight and healthy enough to exercise? Do you like to eat? Travel? Play? Chubby Gal Fitness is not your typical run of the mill how-to-get-fit-to-lose-weight book written by a skinny person. Wendy Strack, a chubby gal herself, cheerfully whisks you on a weekend exercise getaway near scenic Hells Canyon located on the cusp of three northwestern states. Recreational fitness is fun when you have someone to exercise with. But exercise isn't the only thing you'll be doing after you meet Wendy. Oh, heck no! Take a private jet boat tour on the Snake River to the Hells Canyon Dam, see living trophy wildlife, discover Tiki Hut Lounge, exercise, eat, drink and be merry. That's only the first of a three day itinerary! Chubby Gal Fitness weekend exercise getaway is a refreshing alternative to b-o-r-i-n-g industry modeled exercise regimens and fat loss programs. No matter where you live you are invited to live vicariously through this book and treat yourself with exercise sessions as delicious as the meals, (recipes included!). All from the comfort of home. If you weren't a fan of exercise and fitness before, you very well could be after experiencing this playful little side trip. Wendy has thought of everything so all you have to do is to have fun!.

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