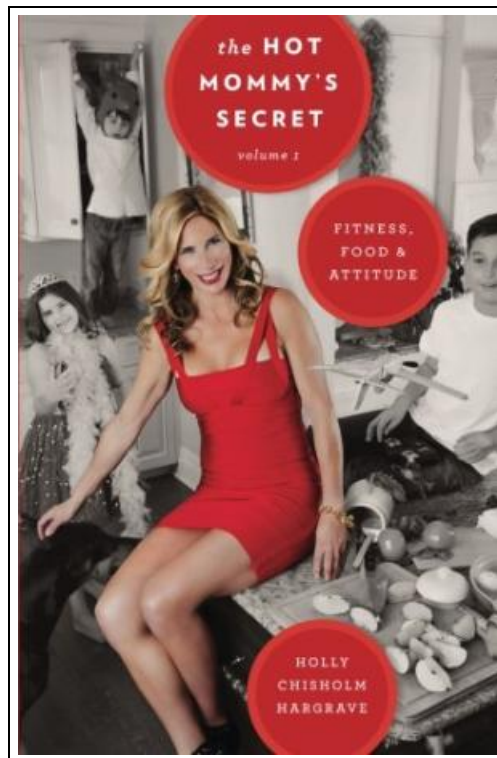


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Reviews

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Dale Fahey MD)

THE HOT MOMMYS SECRET: FITNESS, FOOD ATTITUDE (VOLUME 1)



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AthleticGenius, LLC. Paperback. Condition: New. 108 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. **THE HOT MOMMYS SECRET: FITNESS, FOOD and ATTITUDE** is the ultimate girlfriends guide to the reality of pregnancy, body changes, social pressures, and the craziness of life that comes with parenting. A relatable read, this book provides expert tools to approach motherhood with humor, enthusiasm, and confidence. Holly will help you navigate the chaos of motherhood while maintaining fitness, nutrition, and a Hot Mommy attitude. **HOLLY CHISHOLM HARGRAVE** is the CEO and founder of AthleticGenius. Holly has over 17 years of fitness instruction experience and holds a BA, MBA, as well as numerous international fitness certifications. A mother of three, professional model, and published fitness expert, Holly was named on the list of top Health and Fitness Experts in New York City by PR Newswire. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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