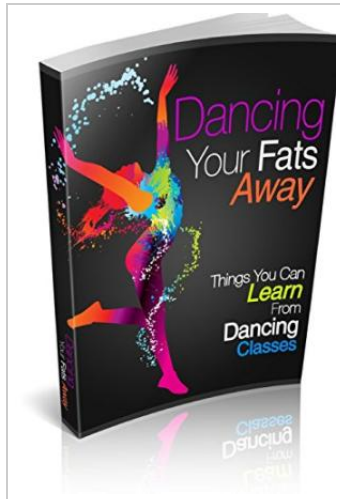




Dancing Your Fats Away

By MR Nishant K Baxi

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Research Show 9 Out Of 10 Women Lose Weight With Dancing! Dance may have been created for enjoyment, aesthetic expression, and socialization; but these days, it is considered one of the most effective ways of exercising for fat loss. In this course - Dancing your Fats Away - you will learn some of the things that make dance or dancing an excellent method of getting fit and healthy. Table Of Contents - Foreword - Chapter 1: Introduction - Chapter 2: The Tricks Behind Dancing - Chapter 3: Why Dancing Is The Way To Go For Fat Loss - Chapter 4: Dancing And Exercise Tips - Chapter 5: The Secrets Behind The Kinds Of Movements During Dancing And Weight Loss - Chapter 6: The Types Of Dances Associated With Fat Loss - Chapter 7: The Benefits Of Fat Loss To Health - Chapter 8: How To Avoid Injury - Chapter 9: The Benefits Of Fat Loss To Optimal Health - Wrapping Up: Good Lessons To Be Learned From Fat Loss. Case Study. Learn How This Fun...

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