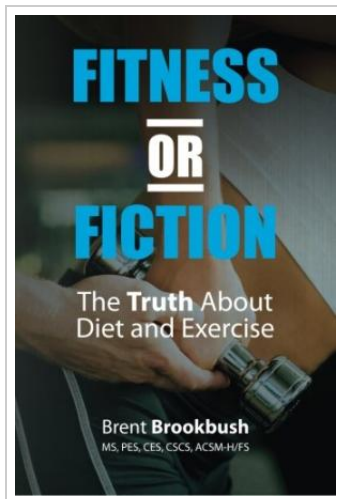




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By Brent Brookbush

Brent Brookbush, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The fitness industry has become an unregulated misinformation machine. It is commonplace for well-built gurus, who lack any formal education, to be given a platform to promote a supplement, product, idea or TV show. Often the results they promise are physiologically impossible - costing you time and money, and ultimately robbing you of precious motivation. However, there is great information out there. Getting and staying fit is a science that has been developing for decades. Research is progressing faster than ever, and there are credentialed professionals working hard to make this information available to you. Not just pretty bodies interested in your wallet, but professionals interested in your well-being. This book contains no gimmicks, fads, myths or misinformation. Instead, more than 600 references are used to bust dozens of myths, and provide dozens more practical suggestions for better results. The book is written in fun, easy-to-understand, plain English so everyone from the novice exerciser to the fitness professional can enjoy. Some of the topics covered: Dieting Made Simple: You don't have to cut carbohydrates (carbs), or fat, or eat weird combinations...



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