



50 Fitness Myths: Don t Believe All the Hype (Paperback)

By April Cosimano

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The internet is filled with a wealth of information to guide you through your health and fitness journey. But with so many contradictory statements, how do you decipher fact from fiction? Written in short, easy-to-read snippets, 50 Fitness Myths: Don t Believe All the Hype was designed to point you in the right direction. We ll analyze 50 of the industry s top myths to dispel misinformation that could be sabotaging your results.



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