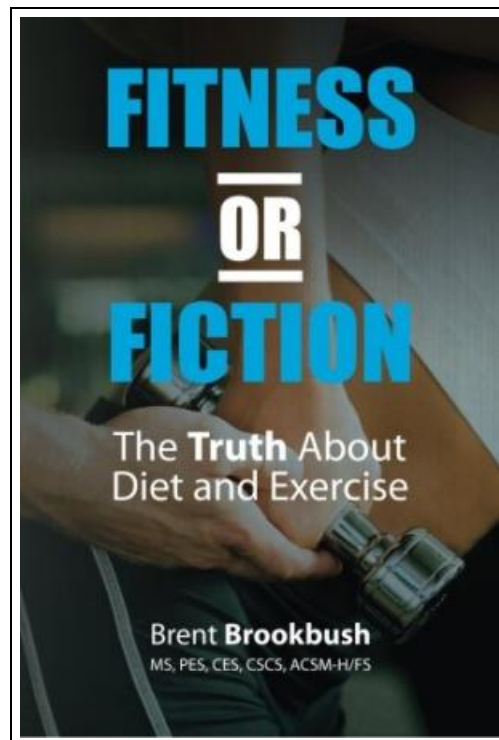


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Reviews

This book is indeed gripping and interesting. It really is rally exciting through studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.
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FITNESS OR FICTION (VOLUME 1): THE TRUTH ABOUT DIET AND EXERCISE (PAPERBACK)



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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 of food to lose weight. The Truth About Supplements: It s time to stop wasting your money on the ones that don t work. The Myth About Toning-up: You cannot tone, but you can choose exercise that will burn more calories and lead to a leaner, more defined physique. The Truth About 6-pack Abs: How do you get them, and are they worth the effort. Muscle Myths: How to get more out of your weight training routine by avoiding the pseudo-science. Tackling Cardio Confusion: What is the best cardio? Motivation is not ordained, it s developed: Build a plan toward...



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