



Bike to Lose Weight (Paperback)

By MR Bruce Fleming

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you ve had trouble losing weight or keeping fit, cycling may just work for you. In Bike to Lose Weight I ll explain why cycling is such a great activity for losing weight, keeping fit and making new friends. I ll explain the basics from bike parts to gear and you ll find some simple programs to structure your activity. Eating properly is such an important part of losing weight that I ll show you the ABC s of food and offer some great tips to speed up weight loss. And for those whose cycling may take them beyond the social level, I have included core exercises to encourage body strength and improve your cycling. For all my tips and guidance, you will still need determination to succeed. Struggling with motivation can be a challenge to anyone embarking on a new activity. So I ve included some great motivational tips and exercises to keep you on track. Also, because we cannot predict the weather I have included a section on indoor training so you can keep your...

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