

FITNESS CONFIDENTIAL



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The fitness part can be summed up simply by not eating grains and sugars, that is the main fitness take away I had. It was interesting him talking about the scams happening in the fitness gyms, that they are a business first, and a gym second.

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Vinnie Tortorich Fitness Confidential Why Exercise Doesn't

Today we have a oft-requested guest, Mr. Vinnie Tortorich. He's Hollywood's go-to guy for fitness and weight loss, coined as America's Angriest Trainer. Vinnie is also the author of the terrific book Fitness Confidential, where he debunks the myths and gimmicks of the weight loss industry.

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Fitness Confidential Dean Lorey

Currently, he is the co-author (with Vinnie Tortorich) of the recently released non-fiction bestseller FITNESS CONFIDENTIAL, as well as the publisher of Jack Icefloe Jackson's ROMANCE FOR MEN. His first animated movie, ANIMAL CRACKERS, is currently in production with a voice cast including Ian McKellan, John Krasinski, Emily Blunt, Sylvester

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On Fitness Confidential with Vinnie Tortorich crowdcow com

Vinnie is a renowned health and fitness expert, the founder of the No Sugar No Grains (NSNG) lifestyle, and author of Fitness Confidential. Serena is an English actress committed to a healthy lifestyle and lives by NSNG.

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No matter if you are a child, an adult, or the elderly, irrespective of the age, you should always look

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Vinnie Tortorich America's Celebrity Trainer

Vinnie Tortorich, celebrity fitness trainer, podcaster, author of the best-selling book Fitness Confidential, creator

of No Sugar No Grains (NSNG) - I m going to tell you, for free, what you SHOULD be doing, what they (the bad guys) are not telling you.

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