



Bristol Get Fit System

By Charlie Flood, Dr Charlie Flood

Dr. Charles Flood, United States, 2011. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Dr. Charlie Flood s Bristol Get Fit System is a comprehensive 8 week guide designed to help you become more active, live a healthy lifestyle and achieve your wellness goals! If you are looking to improve or regain your health, but don t know where to start, the Bristol Get Fit System is the answer for you! Using the Bristol Get Fit System s Educate-Empower-Enjoy principles, you will learn: - How to construct a nutrition plan completely customized to you made up of your favorite foods to meet your desired nutrition goals. - A beginner level aerobic training program designed to help manage your weight, increase your stamina, reduce your fatigue, boost your immune system and improve your cardiovascular health. - A beginner and Intermediate level core strengthening program to help you strengthen your body, build muscle, boost your metabolism, reduce your aches and pains and improve your posture, balance and coordination. - How to take a new, proactive approach to your health to help you maintain your health at its highest levels. Armed with the...



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