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## The Five Factors of Fitness: Evidence Based Fat Loss for Her (Paperback)

By William E Cecrle

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Follow the journey of a young woman as she learns from a Health and Fitness Trainer the correct information necessary to master the Five Factors of Fitness, win the battle of the bulge, and know why she won!! The material is presented in an easy to read and remember allegory. In this book, I present an evidence-based approach, including research citations and a glossary. Learn what your body needs to make the changes you want! It is time to cut through the clutter, myths, and half-truths of pop culture and learn what the truths are that hold the keys to your long-term success! Are you tired of all the conflicting information about fat-loss, health, and fitness? Are you tired of all the outrageous claims of supplements, books, and TV commercials? Are you tired of putting forth a full effort for partial success? Are you ready to learn the truths of health and fitness that we have learned from science? Then this book is for you!.



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