



37 Genuine Diet and Fitness Tips: You've Been Looking for These Tips All Your Life (Paperback)

By B Rawiyah Mulung

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. This book contains 20 diet tips and 17 fitness tips. The reason why you should buy this book is that it is concise, straightforward and very precise. You'll notice that the tips are clearly explained. If you have been doing something wrong in your fitness routine and your diet, this book will clear your misconceptions. The tips given are practical. That is, they can very easily be incorporated in your daily life. Jim Rohn said "Take care of your body. It's the only place you have to live." Use this book as an aid in your daily life to achieve a healthy lifestyle.



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