



Fit Happens with Know Exercise!: 28 Days of Success for Every Body

By Hilton Sewell Stephanie Hilton Sewell, Stephanie Hilton Sewell

iUniverse, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Congratulations on taking the first step to a healthier you! Stephanie Sewell, speaker, teacher, empowerment coach, and personal trainer, will share her secrets with readers to help them get fit with the ultimate daily fitness journal. All you need is a positive attitude and Fit Happens with Know Exercise!: 28 Days of Success for Every Body (Fit Happens Journal). Whether you are an absolute beginner or an accomplished athlete, this journal is designed to help you achieve and maintain your ideal body and weight. You should have 28 days of success by following this simple plan for everybody. Stephanie, an inaugural member of the NFL Carolina Panthers Cheerleading Squad, pageant title holder, and national fitness/figure/and bikini competitor, knows firsthand the importance of documenting progress and believes it is the building block to slimming down and shaping up. The Fit Happens Journal program is based upon the daily documentation of your personal weight loss experience-every step of the way-and it is designed to be an interactive journal. Start your day with your personal Fitness Happens Journal and design the...



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