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Fit to Live: The 5-Point Plan to Become Lean, Strong, Fearless for Life (Hardback)

By Dr Pamela Peeke

RODALE PRESS, United States, 2007. Hardback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book. New York Times best-selling author Dr. Pamela Peeke helps readers trim their waists, shed pounds, and lengthen their lives in her witty, tough-love functional fitness and lifestyle plan. With more than 300,000 copies in print, Dr. Pamela Peeke s New York Times bestseller Body-for-LIFE for Women has helped scores of readers transform their bodies. Her newest book shines light on the heavy weight of the 21st century lifestyle, with its fake food, desk jobs, clutter, and endless stress, and asks readers, If your life depended on it, could you run up four flights of stairs right now? Are you Fit to Live, not only to survive, but to enjoy life? For most people, the answer is no and they don t know it. Combining Peeke s trademark in-your-face wit with heart-stopping reality checks, Fit to Live offers readers an active health/lifestyle assessment: How many pushups can they do in 2 minutes? How many servings of processed foods did they eat today? Peeke translates those results into research-based predictions of readers long-term prognoses and helps readers gauge just how much fat-mental, nutritional,...



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Reviews

A fresh eBook with a brand new standpoint. It can be rally exciting throug looking at period of time. I am delighted to inform you that this is the greatest book i have read through during my individual existence and may be he very best publication for ever.

-- Era Thompson

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

-- Gavin Bosco IV