



## Get in Shape Fast (Paperback)

By Sherry Granader

Trafford Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.To your good health, Get In Shape FAST is dedicated to helping you achieve ultimate health and vitality while still enjoying some of your favorite foods. Even though our program talks about getting in shape fast, remember to take it one step and one day at a time. If you cheat during a meal, make a commitment to eat better at the next meal. Find an exercise you will commit to doing on a daily basis. For variety, join a gym, take some classes, meet with a personal trainer, or try yoga or Pilates for core strength and flexibility. Be good to yourself each and every day taking time out for you! -your Get In Shape FAST Team.



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