

Jamie Eason Live Fit

G Orfield

The Bodybuilding.com Guide to Your Best Body (Enhanced eBook Edition) Kris Gethin, 2010-12-28 MAKE YOUR DREAM BODY A REALITY FROM KRIS GETHIN, editor in chief of the world's leading online fitness site Bodybuilding.com, comes a revolutionary 12-week diet and exercise program—supported by two million members and thousands of real-life success stories. Body by Design is a plan that promotes health from the inside out, starting by breaking down the mental blocks that are holding you back, then by building up the muscles on your body, and finally by adding delicious, healthy food onto your plate. Rather than subtracting things from your life -- cutting out calories, losing weight, banishing your belly -- here's how to add more of the right things: more muscle, more support, and more success. Motivation is the key factor that drives permanent change, and with Body by Design you can finally learn how to activate your inner motivation and with the proper balance of weight training, make fit happen forever. In Body by Design, you'll learn how the optimal balance of weight training, cardiovascular exercise, and nutrition—along with the motivational tools to stick with that program for the long term—can help even people who have struggled with fitness for their entire lives to achieve spectacular, lasting results. Join the “Transformation Nation” and create your own story that will inspire others—with Body by Design. Based on the best practices found at Bodybuilding.com (the world's leading online fitness site), Body by Design shows that amazing things can happen when people get the tools they need to achieve their fitness goals. Just ask people featured in the book, like: TIFFANY FORNI a self-professed “fat girl turned fitness nerd” who turned her newfound passion for health into a career as a personal trainer. ROCHELLE FORD, who came from a family of unhealthy eaters but eventually lost more than 100 pounds—and converted her family to her good habits in the process. CLAUDIO RAMOS, who has more energy than ever after his 135-pound weight loss—“It's like I've been reborn.” RICKY HOWELL, who achieved a stronger body and a newfound sense of confidence after his divorce. You could be a part of the Transformation Nation -- and you can start today, with Body by Design.

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