



The Five Factors of Fitness for Him: Evidence-Based Fat Loss for Him

By William E Ceclre

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Follow the journey of a young man as he learns from a Health and Fitness Trainer the correct information necessary to master the Five Factors of Fitness, win the battle of the bulge, and know why he won!! The material is presented in an easy to read and remember allegory. In this book, I present an evidence-based approach, including research citations and a hyperlinked glossary. Learn what your body needs to make the changes you want! It is time to cut through the clutter, myths, and half-truths of pop culture and learn what the truths are that hold the keys to your long-term success! Are you tired of all the conflicting information about fat-loss, health, and fitness? Are you tired of all the outrageous claims of supplements, books, and TV commercials? Are you tired of putting forth a full effort for partial success? Are you ready to learn the truths of health and fitness that we have learned from science? Then this book is for you!.



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Reviews

This book is worth getting. Yes, it really is enjoy, continue to an amazing and interesting literature. You can expect to like how the author publish this book.
-- Prof. Cindy Paucek I

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).
-- Prof. Geraldine Monahan