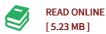




The Weight Loss Triad: A Comprehensive Guide to Lasting Weight Loss

By Thomas Lawrence Halton

Fitness Plus, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Obesity In The U.S. Has Reached Epidemic Proportions. According to latest statistics, 1 out of every 3 Americans is obese and 2 out of 3 are overweight. Obesity increases the risk of premature death, heart disease, type 2 diabetes and certain cancers. Conflicting recommendations and fad diets have confused many who are seeking to manage their weight. These myths and misconceptions are sabotaging weight loss efforts and causing many dieters to give up because nothing seems to work. However, weight management is not an insurmountable undertaking. When armed with the knowledge of how the human body stores and releases excess energy, lasting weight loss is attainable. The Weight Loss Triad, based on Dr. Halton s 5 years of research at Harvard University s Department of Nutrition, presents a comprehensive weight loss strategy broken down into 3 key areas; Diet, Cardiovascular Exercise and Resistance Training. You will discover: *That lasting weight loss is 50 diet, 30 cardiovascular exercise and 20 resistance training. *The importance of maintaining a stable blood sugar in order to reduce food cravings. *The truth...



Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



Polly Oliver s Problem: A Story for Girls

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin was an American children s author and educator. She was born in Philadelphia of Welsh...



From Kristallnacht to Israel: A Holocaust Survivor s

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



The Voyagers Series - Europe: A New Multi-Media Adventure Book

- 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



The Village Watch-Tower (Dodo

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



Tales of Wonder Every Child Should Know (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia....



Chicken Licken - Read it Yourself with Ladybird: Level

2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 \times 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...