



The Fit Mum Formula: The complete diet and lifestyle plan created exclusively for mums (by a mum who gets it !) (Paperback)

By Pollyanna Hale

Shakspeare Editorial, United Kingdom, 2017. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Mums - are you fed up of complicated meal plans, time-consuming recipes and inflexible exercise plans that just don t fit into your busy Mum-life? Did you ever wish there was a weight-loss plan that took into account the unique challenges of your busy and stressful Mum-life (that most trainers don t understand)? I m giving you the opportunity to learn all my inside tricks and secrets as to how I manage to stay slim, healthy, strong and have tonnes of energy (most of the time!) . even when the kids keep me up at night . There s absolutely no fluff here. Just the real, scientifically backed systems I use every day in my own life. They re not hard. They re not time consuming. But they DO work. Here s just a little of what you ll discover: The reason all diets work, but only temporarily (and what you can do instead) Why Mums find losing weight harder than other people do (and how...

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