



Better Body Bootcamp: The Revolutionary Approach for the Body and Life You Deserve (Paperback)

By Kaiser Serajuddin

ADVANTAGE MEDIA GROUP, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. A FITNESS LIFESTYLE MEANS A BETTER LIFESTYLE The time and money it takes to live a lifestyle of fitness is worth it for more than just a beach bod. -Strong physical health -Strong mental health -Healthy sex drive -Lowered anxiety levels -Increased ability to handle stress -Significantly reduced risk for disease -Better sleep -A more vibrant social life In BETTER BODY BOOTCAMP: The Revolutionary Fitness Program for the Body and Life You Deserve, Kaiser Serajuddin--founder of Better Body Bootcamp, the premier fitness organization in New York-shows how all these benefits and more truly are within your reach by making fitness an integral part of your lifestyle. By making fitness a part of your everyday life, you will be able to join others just like yourself on the journey to great health, holding each other accountable and having fun the entire time. Whether you have a family that you plan to stick around with for a long time to come, or if you re single and looking to enjoy your independence, you need a lifestyle of fitness to achieve the lifestyle--and body--you want....



Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger

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