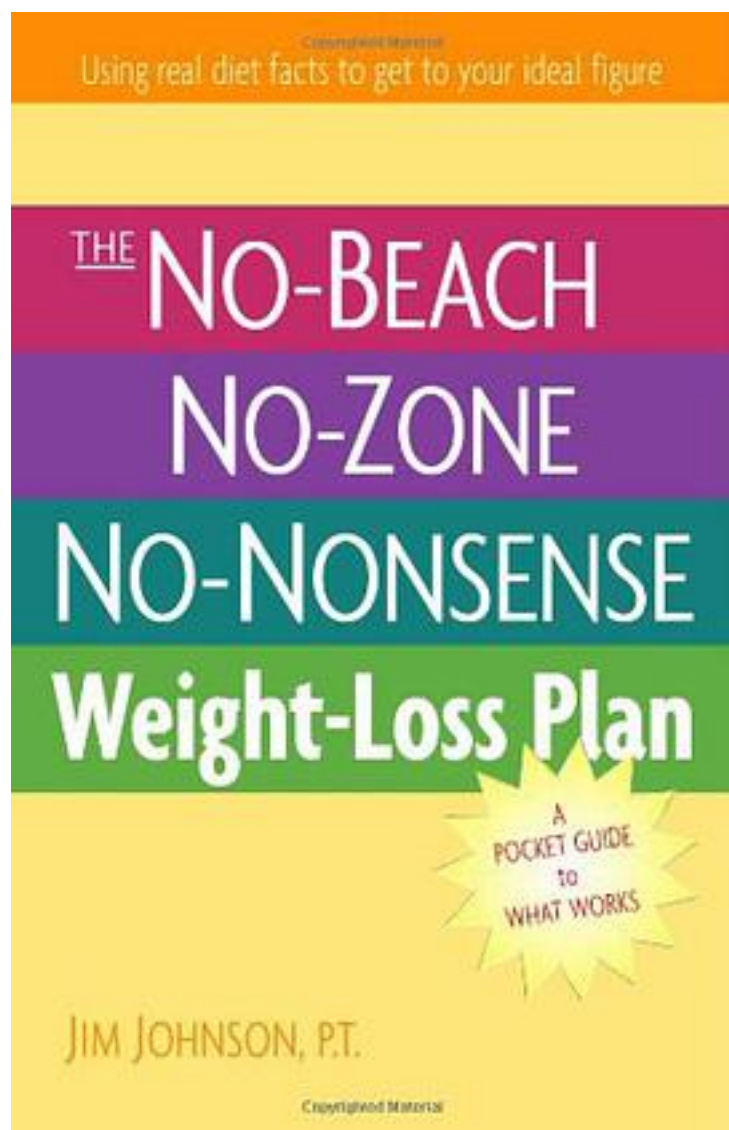


The No-Beach, No-Zone, No-Nonsense Weight-Loss Plan



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著者:Johnson, P.T. Jim

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Created for the dieter who would rather follow science than the latest fad or celebrity, this book synthesizes years of research to present one dependable weight loss plan that really works. Using a combination of consistently proven diet and exercise strategies that require no special props or aids, readers are shown reliable ways to get weight off and keep it off. Information on calculating calorie needs, determining BMI (body mass index), and working out percentages of fats, carbs, and proteins in a diet are offered. The author leaves nothing to hypothesis, giving the truth about cellulite and how to tell when one's weight is a health risk. Fact is better than fiction where successful weight-loss is concerned and this book delivers all the scientific findings concisely in a convenient format.

作者介绍:

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