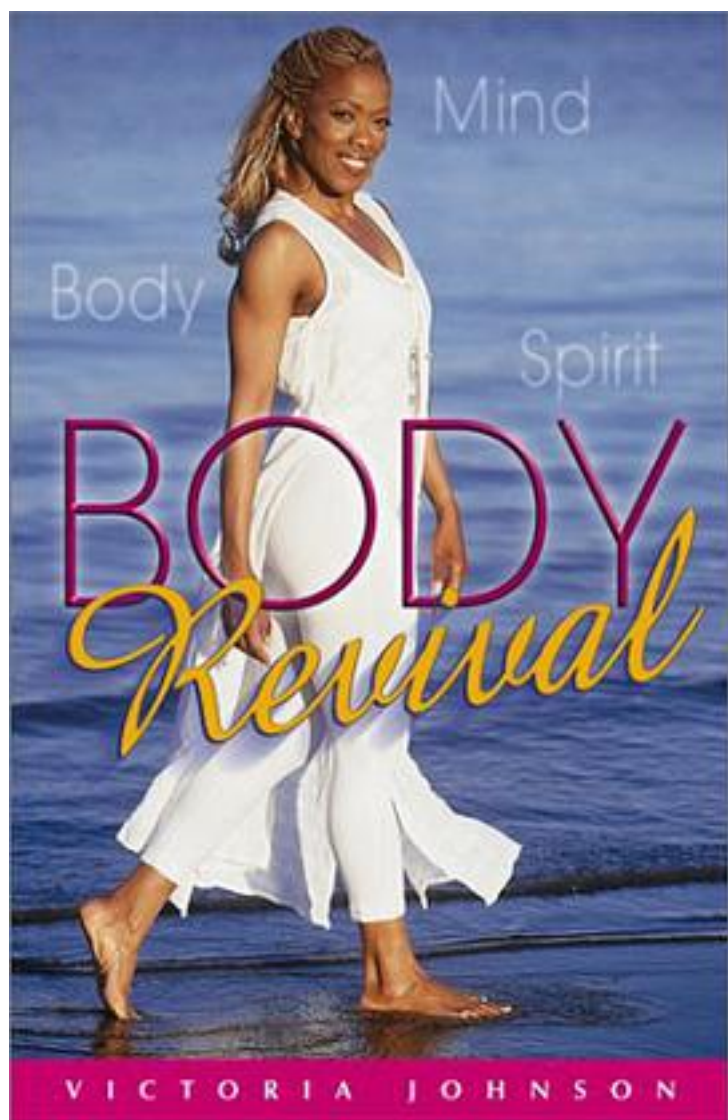


# Body Revival



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著者:Johnson, Victoria

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Whether they are professional basketball players or working moms, whether their goal is to have six-pack abs or to have more energy to keep up with their toddler, people are turning to Victoria Johnson to help them achieve their fitness goals. Her program has them looking better, feeling healthier and enjoying renewed energy and self-confidence. More than a decade ago Victoria underwent her own "Body Revival." She had waged a losing battle with her weight since childhood and faced the beginnings of type II diabetes and a host of other health problems including chronic fatigue, depression and bulimia. After blacking out in the middle of an exercise class, she realized she had to make some major life changes. She began a journey that culminated in good health, a great body and a successful career in the fitness industry. Now Victoria shares with readers how to reclaim and recharge their health using her Body Revival Program. While most diet books focus on adhering to rigid routines, "Body Revival" focuses on making a few key lifestyle changes, and at the same time, healing the spirit. Using her unique 3 x 3 x 3 plan-making 3 changes 3 times a day for 3 weeks-Victoria shows readers how to revive their spirit, to reshape their body and realize their dreams. Victoria shares her personal story as well as the successes of some of her clients, and offers practical solutions for people to begin their own Body Revival. LIIncludes easy-to-follow photographs of Victoria's Body Revival routine that combines yoga, Pilates and strength training LIIncludes meal plans, recipes and journaling pages/LI/UL

作者介绍:

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