

Get with the Program!



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Losing weight is the easy part; it's keeping it off that's hard. In "Get With the Program," bestselling author Bob Greene gives you the keys to losing weight and staying fit for a lifetime. The four-phase plan in "Get With the Program" is like having your own personal trainer to take you through the psychological, physical, and emotional challenges that are keeping you from weight loss success. There are no arbitrary deadlines here: you move forward at your own pace, making lifestyle and dietary changes and increasing the intensity level of your exercise when it's right for you to do so. Journal entries, worksheets, and questionnaires let you establish, track, and evaluate your fitness goals. In Phase One, you'll make the commitment to yourself to Get With the Program, and change the way you think about diet and exercise. Phase Two will show you how to rev up your metabolism using aerobic exercise. In Phase Three you'll take control of emotional eating, the eating you do to satisfy emotional, not physical, hunger. You'll also see the positive results of your efforts. Phase Four is all about strength training, making the best food choices, and making your new habits of health, activity, and good eating a continuing lifestyle. Included is a week-by-week diary to help you track your progress. "Get With the Program" is full of anecdotes and stories of women and men who met their personal goals, further helping to inspire you to move on to the next level of health and fitness.

作者介绍:

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