

Start Fresh!



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"A complete program for a rich, rewarding and healthy mid-lifestyle." Healthy eating combined with a realistic exercise plan is key to maintaining optimal health and

avoiding chronic illnesses like heart disease and diabetes. The authors, a chef and an MD -- and both former Olympians -- join forces to provide a tailored mid-life plan for embarking on a solid path to good health and well-being -- and, most important, for staying on track. Start Fresh provides the basic tools to assess health and fitness levels, to set practical and realistic goals, and to create a personal exercise model. With this plan in place, the authors add a careful selection of nutritious and easy-to-prepare recipes that complement the exercise program and lead to the sustainable fitness and good health that every mid-lifer wants and needs. Special sections in the book include a HealthSpan fitness guide and a HealthSpan 10 km power walk program. There is also a section on the new staples -- for pantry, fridge and freezer. Some of the tasty recipes are: Italian mozzarella and fennel salad Spanish almond tart with orange and date compote Sangria blanca. Getting fit and staying healthy is hard work and requires a solid program. Staying with that program really pays off with benefits that will last a lifetime.

作者介绍:

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