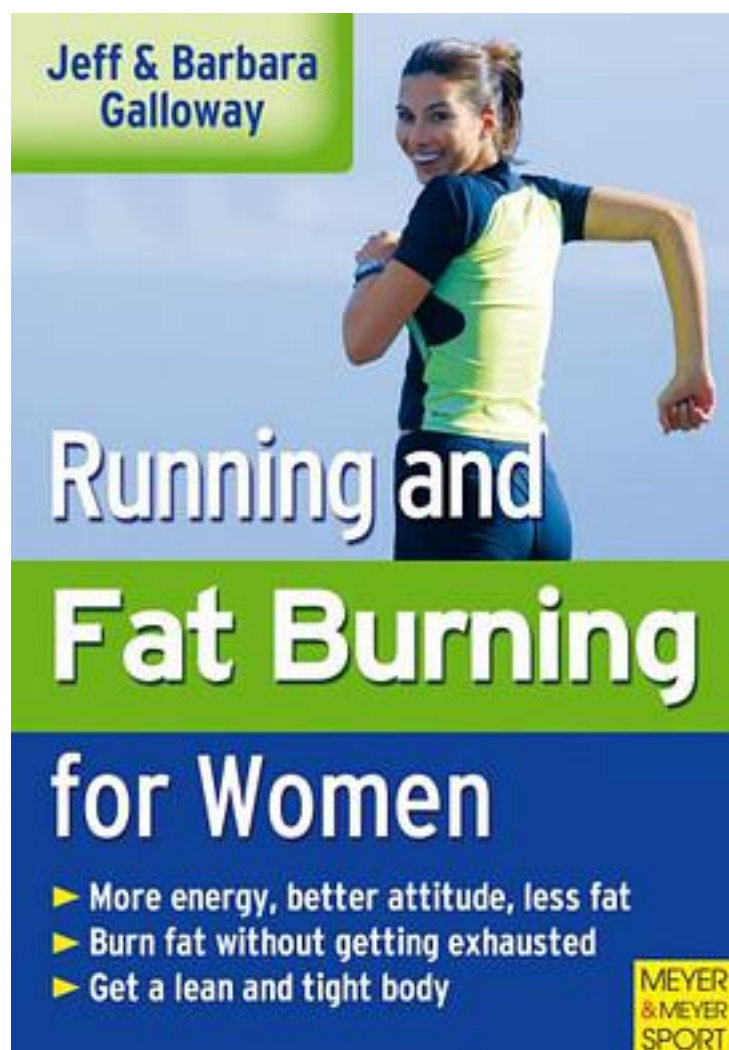


Running and Fat Burning for Women



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著者:Galloway, Jeff/ Galloway, Barbara

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This book explains the process of fat deposition and burning, and provides a plan to gain control over both sides of the issue: intake and burn-off. Whether one is getting off the couch or has been exercising for years, there is advice for improving well-being through eating strategies and gentle segments of exercise. Jeff and Barbara don't just explain the principles, they say exactly what to eat and how to insert 5-10 minutes of exercise, strategically. Readers will find tools to manage the process, with a series of steps leading to the goal.

作者介绍:

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