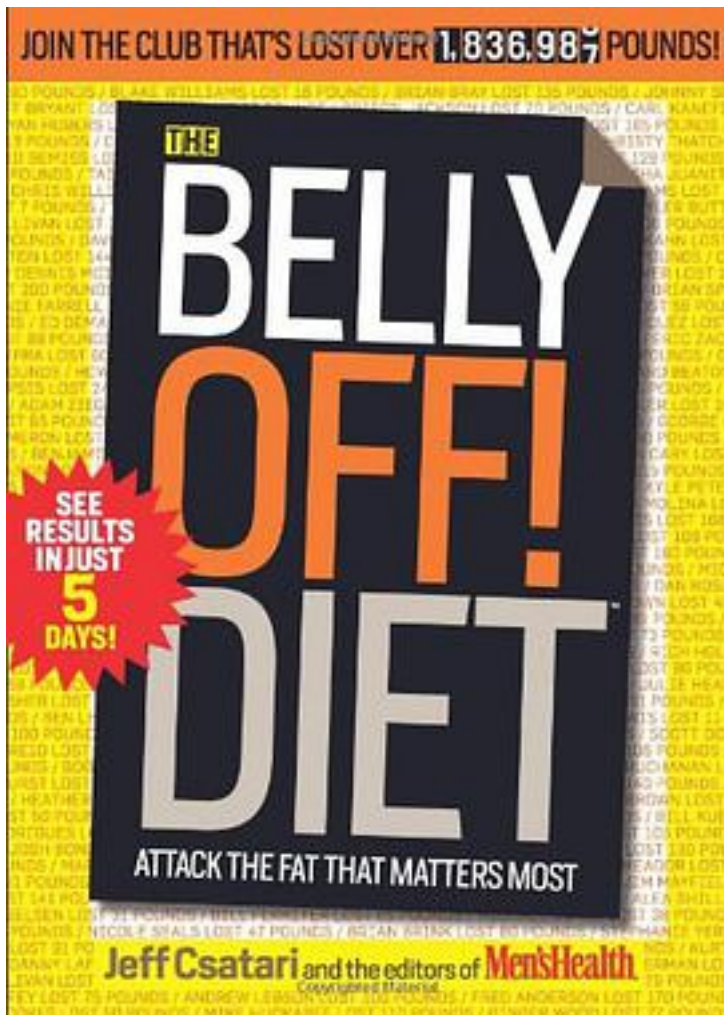


# The Belly Off! Diet



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Since its inception in 2000 as a column in "Men's Health" magazine, the Belly Off! Club

has amassed more than 300,000 members who have dropped nearly 5 million pounds of belly fat by sharing the real-world diet and fitness strategies that have led to their successful weight loss. With the 2008 launch of the Belly Off! Club on MensHealth.com, a wildly popular online community of guys seeking dramatic weight loss was created. In just months, more than 17,000 Belly Off! Club members set up profiles to track their nearly 60,000 pounds of weight loss. What "Men's Health" discovered in the process was that nearly 95 percent of those Belly Off! Club members used the same simple strategies, which helped them to lose anywhere from 30 to 150 pounds! Now, in "The Belly off! Diet", "Men's Health" contributor Jeff Csatari synthesizes that collection of strategies to give readers an easy-to-follow diet and fitness plan for optimum weight loss. Backed by the latest clinical research on portion control, metabolism, interval training, and more, "The Belly Off! Diet" begins with a proven 7-Day Jump start and progresses to a no-gym fitness plan, plus recipes and shopping lists to take the guesswork out of losing weight. With testimonials from Belly Off! Club members and quick tips for supercharging meals and workouts throughout, every guy will find not only the tools but the motivation to keep his belly off - for life.

作者介绍:

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