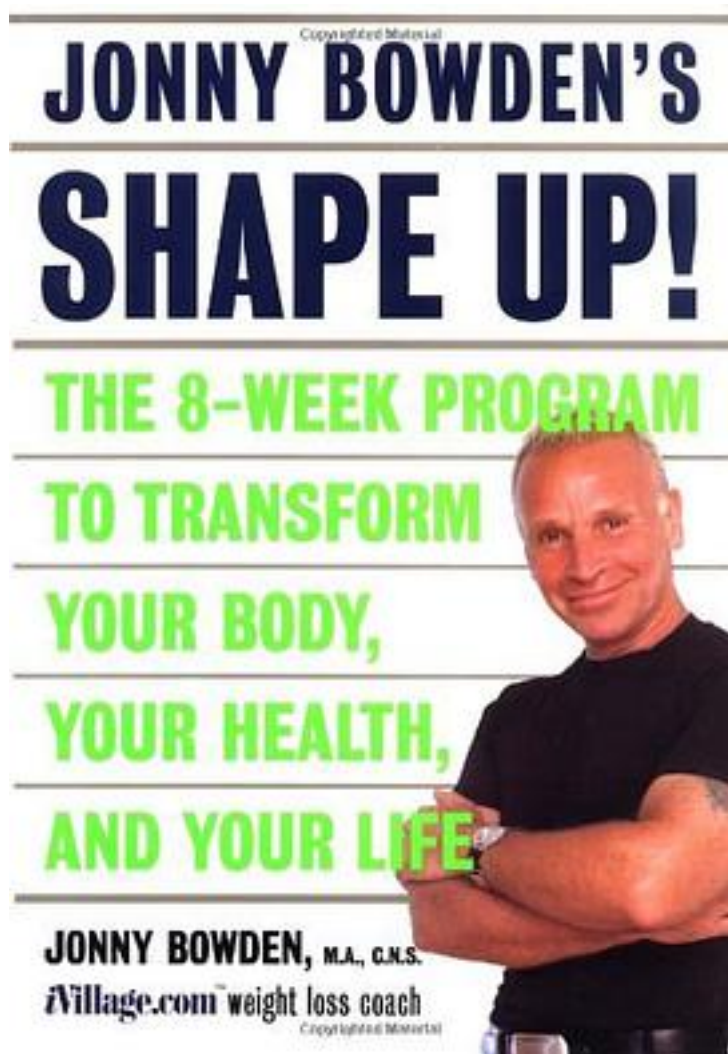


Jonny Bowden's Shape Up!



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From America's #1 weight-loss coach and the iVillage fitness guru, a groundbreaking low-sugar, low-carbohydrate eating plan for women of all shapes and sizes. A gifted motivator and nutritionist extraordinaire, Jonny Bowden has helped over 75,000 women lose weight successfully through his hugely popular eight-week iVillage shape-up challenges. The key to his phenomenal success is his ability to help participants take back control of the power food holds over them, and to help set goals based on what "shaping up" means to each of us. Jonny Bowden's Shape Up! is like no other "diet" program: it takes into account personal factors such as commitment, self-esteem, body image, impulse control, and addictions, as well as issues like metabolic type, genetics, ethnic heritage, and hormones, and shows readers how to tailor consistent low-sugar, low-carbohydrate nutrition to fit individual needs. With humor and a down-to-earth style, Bowden presents realistic and simple week-by-week eating plans-as well as recommendations on vitamins, minerals, and food supplements-and the tools to customize the program for long-term success. He shows readers how to analyze food's effects on moods, cravings, and energy levels, and also demonstrates the how and why of light workout routines. A wise and empowering program, Jonny Bowden's Shape Up! will help readers everywhere take charge of their lives and make changes that will dramatically improve their health, weight, and state of mind.

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