

Real Results: for Women with Type 2 Diabetes

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Reviews

The book is great and fantastic. It is rally exciting throgh reading time period. I am pleased to let you know that this is basically the greatest ebook i actually have go through inside my very own life and may be he best book for possibly. (Mr. Hyman Ankunding DDS)

REAL RESULTS: FOR WOMEN WITH TYPE 2 DIABETES



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Real Results Fitness. Paperback. Condition: New. 126 pages. Dimensions: 11.0in. x 8.5in. x 0.3in.ls This Book for You Bikini Boot Camp Begone! IF you want to be in a bikini in 28 days. . PUT THIS BOOK AWAY. IF you spend hours each week in a gym and want to get to the next level of fitness. . DONT WASTE YOUR MONEY BUYING THIS BOOK. IF you want a bunch of pills and powders . . THIS BOOK IS NOT FOR YOU. But. If you have type 2 diabetesTHIS BOOK WILL CHANGE YOUR LIFE. If you are 50, 75, 100 pounds overweightTHIS BOOK IS FOR YOU. If the thought of going to a gym petrifies you. THIS BOOK IS YOUR ANSWER. If you cringe every time a fitness supermodel, new diet gimmick plan, or a bikini boot camp advertisement worms its way onto your newsfeed on social media, then. . THIS BOOK IS DEFINITELY FOR YOU!! About the Author Jessica Sutterfield B. S. , M. Ed. , CPT, METS, IAHC and graduate of Institute of Integrative Nutrition Jessica began her career teaching third grade and is still a teacher at heart. Her goal through this book, her online exercise and meal plans, and her local presence, is to teach people how to reach their idea of fitness by moving and fueling their bodies without injury, deprivation, or humiliation. Fitness looks different on each body. And learning to find movement and food that nurtures your body is the starting line for your own Health Journey. Through her work with thousands of fitness clients and nutrition patients, Jessica saw a glaring lack of resources for women who needed something other than burpees and egg whites to reach their health goals. I searched for workout videos and meal plans for women who had...

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