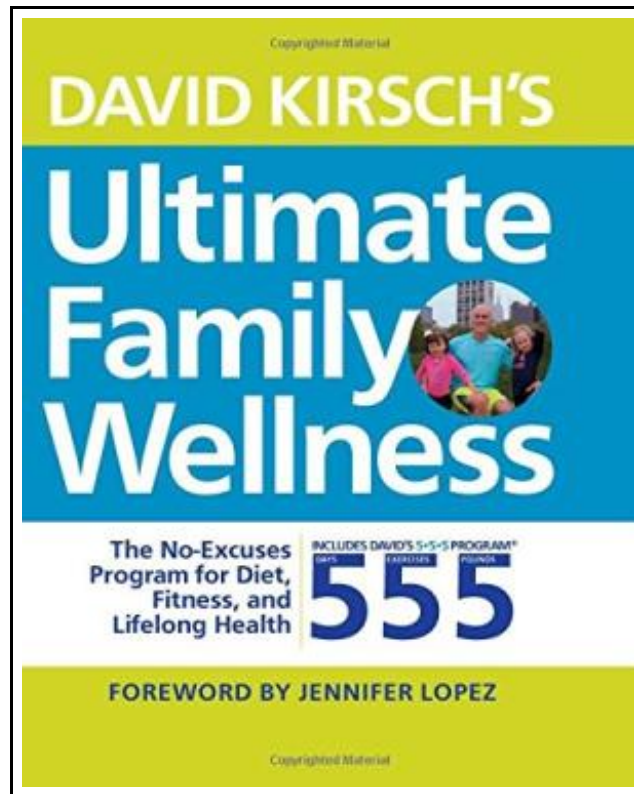


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(Dr. Jerald Hansen)


DAVID KIRSCH S ULTIMATE FAMILY WELLNESS: THE NO EXCUSES PROGRAM FOR DIET, EXERCISE AND LIFELONG HEALTH (PAPERBACK)



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FAIR WINDS PRESS, United States, 2016. Paperback. Book Condition: New. 235 x 191 mm. Language: English . Brand New Book. Fitness and nutrition are vital to your family s health. Your family is constantly on the move, juggling busy routines, and it s not always easy for everyone to stay fit, eat well, and maintain a healthy lifestyle. David Kirsch s Ultimate Family Wellness provides your whole family with the information you need to improve nutrition, maintain physical fitness, and live healthier. This program, created by wellness expert David Kirsch, is more than just a step-by-step plan. It s a guide to help you, and your family, make simple changes to your daily routine that will provide valuable lessons toward an all-around healthy lifestyle. Fully customizable for adults of any body type, David Kirsch offers his no-excuses 5-5-5(r) exercise and diet program (five moves, five days, five pounds), to help you improve your fitness level, shed unhealthy weight and at the same time, instill in your family a true passion for fitness and health. Losing the first five pounds in five days is just the jumpstart to feeling and incorporating a new nutritional and fitness philosophy into your day-to-day life. The 5-5-5 plan is so much more than a weight - loss plan; it is a lifestyle plan and philosophy that will forever transform how you and your family look at diet and exercise! By combining enjoyable activities such as family time in the gym, scooter rides, swimming, running and hop scotch, to name a few, your family will discover and embrace the joy and benefits of an active life that goes beyond just pumping at the gym. In David Kirsch s Ultimate Family Wellness , you ll also discover ways to keep your body fueled and burning fat. Reduce the time...

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