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Exercise for Weight Loss (Paperback)

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Getting Started Chapter # 1: Benefits of Exercise Chapter # 2: Exercise Weight Loss Chapter # 3: Exercise the Body Hard-core Work Out Chapter # 1: Introduction Chapter # 2: Mondays Chapter # 3: Tuesdays and Thursdays Chapter # 4: Wednesdays Chapter # 5: Fridays Chapter # 6: Alternate Conclusion References Author Bio Publisher Preface Obesity is one of the biggest problems of our generation and the generations that follow. It is inflating at a rate that it can t be controlled and the only true way to control it is so hard that people tend to shift toward ways that provide them temporary relief but long-term problems. The most common types of temporary solutions are the take-the-pill solution and dieting, but the body can t come to terms with its original shape until and unless a person starts to exercise. You know what exercise is; any activity that involves physical activity or work being done. Regular exercise is very important and not only necessary for losing weight but also for keeping it off....



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