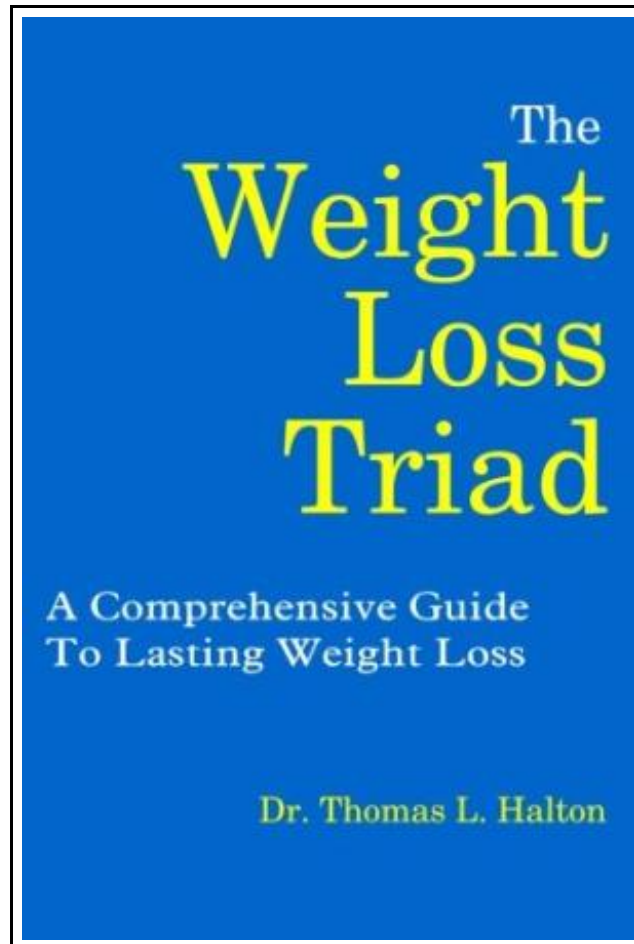


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Fitness Plus, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Obesity In The U.S. Has Reached Epidemic Proportions. According to latest statistics, 1 out of every 3 Americans is obese and 2 out of 3 are overweight. Obesity increases the risk of premature death, heart disease, type 2 diabetes and certain cancers. Conflicting recommendations and fad diets have confused many who are seeking to manage their weight. These myths and misconceptions are sabotaging weight loss efforts and causing many dieters to give up because nothing seems to work. However, weight management is not an insurmountable undertaking. When armed with the knowledge of how the human body stores and releases excess energy, lasting weight loss is attainable. The Weight Loss Triad, based on Dr. Halton s 5 years of research at Harvard University s Department of Nutrition, presents a comprehensive weight loss strategy broken down into 3 key areas; Diet, Cardiovascular Exercise and Resistance Training. You will discover: *That lasting weight loss is 50 diet, 30 cardiovascular exercise and 20 resistance training. *The importance of maintaining a stable blood sugar in order to reduce food cravings. *The truth about cardiovascular exercise; including the optimal type, duration and intensity. *The importance of weight training in overcoming the body s natural defenses to weight loss. *Lifestyle variables that will play a huge role in making your weight loss permanent. Dr. Thomas L Halton is the owner of Fitness Plus, a nutrition counseling and personal training company based in Boston, MA. He is a graduate of Harvard University with a Doctorate in Nutrition. Dr. Halton also holds Masters Degrees in Human Nutrition and Exercise Science. He is a Licensed Nutritionist, a Certified Nutrition Specialist and an ACE Certified Personal Trainer. Dr....



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