



Boomer's Guide to Getting the Weight Off..for Good

Roberta Schwartz Wennik M.S. R.D.

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No more middle-age spread!

A nutrition consultant and best-selling health and fitness author shares time-tested advice on how to shed those extra pounds-for good. She acknowledges cultural influences of the baby boomer generation, recognizes how metabolism changes later in life, and enables readers to achieve a healthy weight for midlife and beyond.

€ Takes into account the biological and psychological realities of midlife...and shows how to work around them to achieve fitness

€ 70% of Americans in their 40s and 50s are either overweight or obese

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Todd James:

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Willie Coffey:

Many people spending their time frame by playing outside together with friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to spend your whole day by reading through a book. Ugh, do you think reading a book can definitely hard because you have to bring the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Cell phone. Like Boomer's Guide to Getting the Weight Off...for Good which is having the e-book version. So , try out this book? Let's observe.

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