

Télécharger Livres Gratuit Summer Fit All Year Round (PDF | ePub | Mobi) Sally Fitzgibbons download-free



Over 100 fun and nutritious recipes.

Pro-surfer Sally Fitzgibbons shares her 4-week food and fitness plan to keep you summer fit, all year round.

Summer Fit is bursting with practical tips to help you take care of yourself and live a healthy life no matter what the season. The comprehensive plan includes achievable workouts that can be done anywhere, anytime, plus a collection of Sally's favourite wholefood recipes that will nourish and sustain you.

Sally is passionate about the power of good nutrition. As an elite athlete, she has learnt that the secret to continued wellbeing lie in a daily routine that embraces healthy food choices and a positive mindset.

"I'll show you how I eat to nourish my body, the training I do to stay in shape all year round, and how I take care of myself so that I can enjoy everything life has to offer"

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