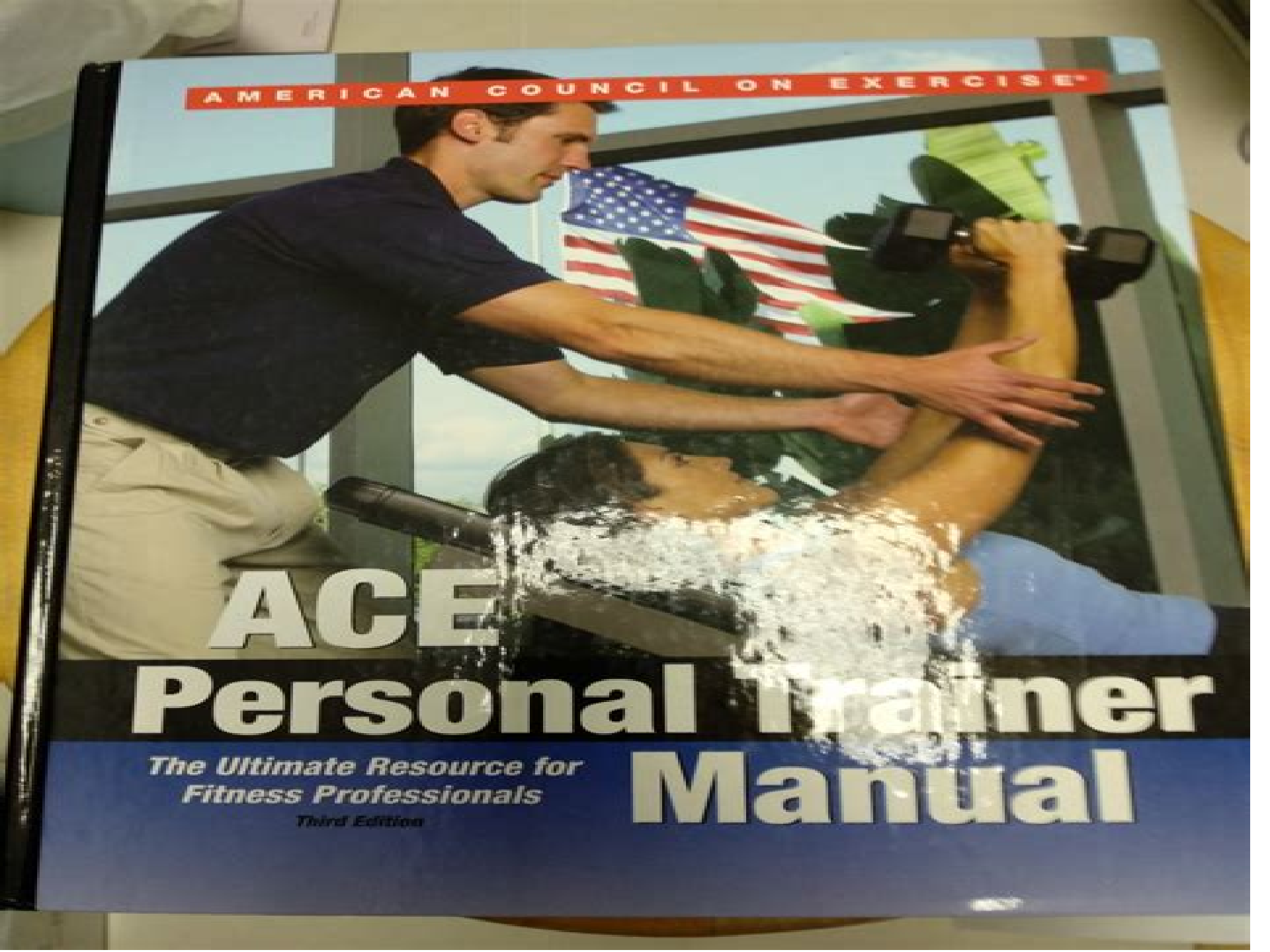




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*The Ultimate Resource for
Fitness Professionals*

Third Edition

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Sustainable Weight Loss D. Lee Waller JD ND, 2011-05-09 *Sustainable Weight Loss* was named an Award Winning Finalist in the Health Diet Weight Loss category of The USA Best Books 2011 Awards sponsored by USA Book News *Sustainable Weight Loss* provides a road map to long term weight loss that is simple and offers easy to understand principles Gain the personal control needed to break the shackles that inhibit the ability to achieve weight loss goals Some diet experts advocate counting calories each time we prepare to eat This kind of complexity is one of the reasons many people fail with diets One size fits all approaches are only a small part of the overall diet problem These concepts are of

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The BioMechanics Method for Corrective Exercise Justin Price,2025-06-02 This book is written for fitness professionals for the purpose of teaching you how to address common musculoskeletal imbalances through the use of corrective exercise The book explains concepts in an easy to follow manner using jargon free language The content is delivered as a step by step process containing real world examples and case studies so that the reader can understand and easily implement these strategies when working with actual clients

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