



Jonny Bowden's Shape Up Workbook: Eight Weeks to Diet and Fitness Success with Recipes, Tips, and More

Jonny Bowden, M.A., C.N.S. Jonny Bowden

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Health and fitness experts agree that keeping track of our food intake and exercise habits are important to staying focused on diet and health goals. In Jonny Bowden's Shape Up! readers discovered that noting the effects foods have on our moods, and setting goals based on what "shaping up" means to each of us, are essential to achieving genuine body and health transformation. Now comes Jonny Bowden's Shape Up Workbook, a source of motivation and expert diet advice as well as a place to make and keep these important notes for the eight weeks of the Bowden program. Complete with food preparation tips, recipes, recommended exercises and the Shape Up! food lists, this workbook will be the most important day-to-day tool readers can have in their efforts to improve their health, weight, and state of mind.

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Tyler Emery:

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