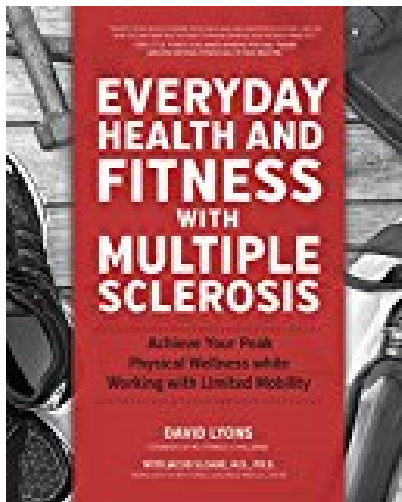


Everyday Health and Fitness with Multiple Sclerosis Achieve Your Peak Physical Wellness while Working with Limited Mobility



BOOK DETAILS

- Author : David Lyons
- Pages : 192 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592337414



BOOK SYNOPSIS

Achieve real gains and remove obstacles in your path to fitness with Everyday Health and Fitness with Multiple Sclerosis. David Lyons program is designed to help you maintain a healthy lifestyle maintain a healthy lifestyle and includes anecdotes from real people with MS, their limitations and how they followed this plan to reach their fitness goals. The customizable, high-intensity, calorie-burning workout builds lean muscle mass. Find advice and solutions for overcoming mental hurdles, nutrition fundamentals to properly fuel workouts, easily adaptable exercises, and motivation. Everyday Health and Fitness is a road map for every person who wants to conquer a disease or disability, and just get moving.

EVERYDAY HEALTH AND FITNESS WITH MULTIPLE SCLEROSIS ACHIEVE YOUR PEAK PHYSICAL WELLNESS WHILE WORKING WITH LIMITED

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