



Body For Life

Art Carey



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Body For Life NR Bill Phillips, 2003-11-04 **Champions Body-for-LIFE** Art Carey, 2009-10-06 The official guide to the *Body for LIFE Challenge* featuring helpful success secrets from *Challengers* and *Champions* from the past ten years *Champions Body for LIFE* is not just another diet or fitness book it's a book of personal transformation The *Body for LIFE* twelve week journey has changed the lives of millions What makes it so successful It's simple It works All it takes Twelve weeks Four hours of exercise per week Six small balanced and nutritious meals per day never be hungry again Now *Body for LIFE Champions* and *Challengers* share how they created new and better lives for themselves simply by following these three rules 1 Know your reasons for changing Chapter 2 2 Write them down Chapter 3 3 Get started Chapter 4 Read how men and women become *Champions* as you follow the twelve week story of two *Body for LIFE Challengers* Mark Unger a major in the US Marine Corps and Alexa Adair a college student share their personal Journeys of Transformation from their *Decisive Moments* to Starting the Challenge Week twelve and a year later Week by week they chronicle the excitement the tough moments and the life transforming experience of finishing their own personal Challenges For more than ten years millions of people have proven with their real life transformations that *Body for LIFE* works Now science shows it works too In a clinical study of overweight men and women the people who followed *Body for LIFE Lost* approximately twice as much body and belly fat as the control group and moderate exercise higher carb group Decreased body fat by 21 percent on average Decreased body weight by eleven pounds on average Decreased belly fat by 26 percent on

average Champions Body for LIFE is for everyone whether you re starting your first Body for LIFE Challenge or your fourth

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True Religion W. Page Roberts,1929

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