



## Healthy Habits: Fit in 5, No Gym Needed- Five Weeks of Daily Weight Loss Workouts That Will Melt Belly Fat, Boost Your Productivity and Revitalize Your Mind! (Paperback)

By Ariana Hunter, Leanne Wiese, John Mayo

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It's time to revolutionize your life. No more excuses. No more second guessing yourself. NO GYM NEEDED. The road to achieving your health and fitness goals starts with this 5-week program! Have you got 5-10 minutes a day for a fat scorching workout? In 5 short weeks I GUARANTEE that if you fully commit yourself to this fitness program you will notice a massive change in how you look and feel. You've got nothing to lose by downloading this book today. Especially with my limited time FREE GIFT offer that can be found at the start of the book. Get your copy of Ultimate Lifestyle Enhancement today! Are you curious as to what Healthy Habits has to offer you? Here's a sneak peak of what you'll find inside - A brief intro about who I am and why you should listen to me - My FREE GIFT to you! - a motivational self commitment challenge - Tips for getting started on the 5-week fitness program - In depth explanations of every single exercise discussed in the book, including super...



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