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Titolo	The program : 21 days to a stronger, slimmer, sexier you // Jessie Pavelka
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ISBN	0-316-26653-1 0-316-26652-3
Edizione	[First U.S. edition.]
Descrizione fisica	1 online resource (xvi, 224 pages) : illustrations
Classificazione	HEA019000
Disciplina	613.2/5
Soggetti	Exercise Self-care, Health Weight loss Weight loss - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	"From Jessie Pavelka, the online trainer for NBC's The Biggest Loser, comes The Program, a practical guide for losing weight and living well based on four essential building blocks he's found to be key to lasting success. In The Program, Jessie Pavelka details a comprehensive guide to total health through Movement, Food, Mind Power, and Connecting. He delivers high intensity interval training exercises that yield quick results; provides readers with flavorful recipes--using basic, commonly found ingredients--that are high protein and low glycemic; explains how a blend of yoga, biometrics, and mindfulness can enhance well-being; and emphasizes the importance of the support of friends and family in maintaining The Program. Simply put, Pavelka's book will be a sane, positive, multi-pronged way to lose weight and achieve good health by making small changes, finding balance, and getting back to basics"--