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| Autore                  | Johnson Chalene  |
| Titolo                  | Push : 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!   |
| Pubbl/distr/stampa      | Gordonsville : , : Rodale Inc, , 2011<br>©2011   |
| ISBN                    | 1-60961-334-1  |
| Descrizione fisica      | 1 online resource (320 pages)  |
| Classificazione         | HEA006000  |
| Disciplina              | 613.7  |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Nota di contenuto       | Intro -- Introduction -- How to Make the Most of This Book -- Part 1: The 30-Day Push -- Day 1: Priorities -- Day 2: Goal Setting -- Day 3: Identifying Your Push Goal -- Day 4: Selecting a SMART Health and Fitness Goal -- Day 5: Reverse Engineering Your Push Goal -- Day 6: Reverse Engineering Your Health Goal -- Day 7: Success Is Your Only Option -- Day 8: Mapping Your Course -- Day 9: To-Do Lists -- Day 10: To-Do List Secret Sauce (Sssshh!) -- Day 11: Your Soul-Mate Workout -- Day 12: Successorizing -- Day 13: The Bangin' Body Formula -- Day 14: Destination Fixation -- Day 15: Kitchen Makeover -- Day 16: Know Your Numbers -- Day 17: The Push Plan -- Day 18: Add More Hours to Your Day -- Day 19: On a Diet Versus Having a Diet -- Day 20: 10 Eating Habits of the Highly Successful and Fit -- Day 21: The 80/20 Rule -- Day 22: Random Eating -- Day 23: Important Person Promise -- Day 24: Fat-Free Friends -- Day 25: Give Your Relationship (s) a Makeover -- Day 26: Curing the Disease to Please -- Day 27: Cultivate Confidence -- Day 28: Layers of Accountability -- Day 29: Emergency 911! -- Day 30: Bubble-Wrap Your Success -- Part 2: 3 Circuits, One Bangin' Body! -- Pushup Grab Bag -- Circuit 1 -- Circuit 2 -- Circuit 3 -- Part 3: Throw-And-Go Recipes -- The Recipes -- Acknowledgments -- Resources -- Credits. |
| Sommario/riassunto      | "Fitness superstar Chalene Johnson creates a revolutionary 30-day system that will allow readers to transform their bodies, their diets, and their lives. Chalene Johnson built a fitness empire from the ground up,   |

selling over 6 million DVDs and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy. PUSH, Chalene's first book ever, distills the wisdom that has made her a fitness queen into a totally unique 30-day system that will help readers reset their priorities, get their lives together, and lose weight for good. Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals, reverse engineering a course of action to achieve them, and kicking the clutter--whether that means junk food, draining exercise regimens, or toxic relationships. In one month, readers will learn how to create layers of accountability and support so that success is their only option. Additionally, Chalene shares 30 ridiculously easy and delicious Throw-and-Go recipes that she (a selfconfessed mess in the kitchen) created herself. And, of course, no book from Chalene would be complete without a workout! Chalene guides readers to find their soul mate workouts--the exercises they'll love for life and that will never feel like work. Finally, she gives readers the Bangin' Body Workout: the 30 moves they need for total body fitness--for life!"--

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