



Le Personal Coach: A French Trainer's Simple Secrets for Getting Fit and Slim Without the Gym

By Valerie Orsoni

David & Charles. Hardback. Book Condition: new. BRAND NEW, Le Personal Coach: A French Trainer's Simple Secrets for Getting Fit and Slim Without the Gym, Valerie Orsoni, Don't let the idea of exercise daunt you. A fit, trim-and less-stressed-body is just around the corner. And a gym membership and large bulky home equipment aren't even part of the equation. Simply follow the informative, yet fun, tips and techniques in "Your Personal Coach" by celebrity fitness guru Valerie Orsoni and you'll be looking and feeling good in no time. Each quick exercise or idea is something that can be easily incorporated into your existing lifestyle and will become lifelong healthy habits. Orsoni's proven nutritional and fitness advice includes: How to fit in exercise while you're on a plane, at the playground, in the kitchen, on line, at work, on a cell phone, or shopping Exercises to increase bone density Professional dancers' secrets to a natural breast lift How to increase self-confidence and decrease back pain by improving your posture Strategies to avoid feeling overwhelmed so you can target your trouble zones Easy ways to instantly de-stress.



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