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Intermittent Fasting Last 90 Days Warranty

Sylvain Guimond



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Intermittent fasting Sylvain Guimond, 2025-01-15 This book is not just a simple biographical account it is an invitation to reflect a bridge between the personal story of Jean Johnny Larochelle and certain contemporary societal issues notably the global health crisis of obesity With rigor and humility Jean offers an insightful analysis of this pandemic enriched by his thorough research and lived experience Johnny's ambition with this publication goes beyond merely sharing his experiences True to his essence he aims to provide support and inspiration revealing himself with courageous vulnerability for the sole purpose of enlightening and assisting others Throughout the pages of this book you will embark on a journey into Johnny's life a man who despite reaching professional heights and achieving notable milestones in his career has remained true to his core values This book unveils his intimate and relentless struggle to maintain a healthy life balance in a hectic daily routine a fight that resonates with the aspirations and challenges of our generation Without pretension but with disarming sincerity Johnny shares the secrets of his physical transformation by shedding light on the concept of intermittent fasting This dietary approach free from rigid constraints advocates alternating between short fasting periods and moments of dietary freedom While its methods may vary this approach is grounded in scientific and physiological principles aimed at optimizing physical and mental well being

ABOUT THE AUTHOR Sylvain Guimond has a doctorate in sports psychology is a physical educator and osteopath A renowned expert and practitioner in the field of posture and sport for over 20 years he is also the founding president of Biotonix This internationally renowned company was a finalist for the Ernst Young Entrepreneur of the Year Award in 2010 Sylvain is a world renowned speaker offering inspirational advice for companies for sportsmen and for the general public Author of many best sellers he has also contributed to the success of several television programs on RDS TQS V Radio Canada and TVA You can read it regularly on his blog at rds.ca

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Rowing News ,1999-07-24 **Commerce Business Daily** ,2001-03 **The Saturday Review of Politics, Literature,**

Science and Art ,1871 The American Catalogue ,1885 American national trade bibliography The American Catalog ,1885 North American Veterinarian ,1965 **Exercise Testing & Prescription** David C. Nieman,2007 Table of Contents Preface PART I TRENDS AND DEFINITIONS 1 Health and Fitness Trends 2 Physical Fitness Defined PART II SCREENING AND TESTING 3 Testing Concepts 4 Cardiorespiratory Fitness 5 Body Composition 6 Musculoskeletal Fitness PART III CONDITIONING FOR PHYSICAL FITNESS 7 The Acute and Chronic Effects of Exercise 8 Exercise Prescription 9 Nutrition and Performance PART IV PHYSICAL ACTIVITY AND DISEASE 10 Heart Disease 11 Cancer 12 Diabetes 13 Obesity 14 Psychological Health 15 Aging Osteoporosis and Arthritis 16 Exercise Risks Appendix A Physical Fitness Test Norms Appendix B Calisthenics for Development of Flexibility and Muscular Strength and Endurance Appendix C Major Bones Muscles and Arteries of the Human Body Appendix D Compendium of Physical Activities Glossary Index *The Friend* ,1894
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