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The Metabolism Plan Lyn-Genet Recitas, 2017-02-09 The highly anticipated follow-up book from the New York Times bestselling author of *The Plan*. The Metabolism Plan will help you lose even more weight with a revolutionary diet and exercise program that boosts your metabolism to burn fat and improve energy. It takes *The Plan* to a new level with a program that's customised to target the metabolism. Complete with delicious new recipes and an exercise plan. The Metabolism Plan shows you how to workout smarter, not harder, as little as 12 minutes 3 times a week. The Metabolism Plan also addresses many hidden issues that can sabotage your metabolism and inhibit weight loss, including thyroid dysfunction and over exercise.

Practical Applications in Sports Nutrition Heather Hedrick Fink, Alan E. Mikesky, 2020-02-10 Every new print copy of *Practical Applications in Sports Nutrition* Sixth Edition includes Navigate 2 Premier Access, which includes numerous learning tools and study aids, including a full eBook, 15 case study modules, workbook exercises in writable PDF format, and much more.

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