



The Program: 21 Days to a Stronger, Slimmer, Sexier You

By Jessie Pavelka

Hachette Books. Hardcover. Condition: New. 224 pages. From Jessie Pavelka, trainer on 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, this *Biggest Loser* trainers 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



READ ONLINE

[2.6 MB]

Reviews

This ebook may be worth getting. I actually have read through and i am sure that i am going to likely to read through again once more down the road. You will not sense monotony at whenever you want of your respective time (that's what catalogues are for relating to should you check with me).

-- **Mr. Golden Flatley**

A top quality pdf and also the font applied was fascinating to learn. it was actually writtern extremely properly and valuable. I discovered this publication from my i and dad recommended this publication to find out.

-- **Jan Schowalter**

See Also



[Environments for Outdoor Play: A Practical Guide to Making Space for Children \(New edition\)](#)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



[The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal \(P.S.\)](#)

Harper Perennial. PAPERBACK. Book Condition: New. 0061256781 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! *...



[You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most](#)

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



[The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program](#)

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



[The About.com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



[Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.