



The Great Fitness Fraud: 300 Million Victims and One Program for Your Defense (Paperback)

By Bert Seelman

Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book definitely delivers the facts, the how, what, and why results do, or do not happen! This is not just another diet or workout routine. The Great Fitness Fraud exposes how, and why programs have failed people, by not being fact based, and complete! Health and fitness breakthrough veteran Bert Seelman has put to paper, a no-nonsense, fact based, straight forward, tested and proven approach that has changed the lives of tens of thousands of people from all walks of life, to top professional athletes! This program is an engineered program, endorsed by Board Certified Physicians, Professional Athletes, Coaches, Medical Litigators, and more! Whether a client is a professional athlete or a senior going through physical rehabilitation, Bert actually lays out step by step how nutrition, supplementation, exercise and rest, all come together in a common sense manner, proven with astounding measurable, tested results. For the first time, a book shows step by step, how to combine, coordinate, and balance these essential elements into one synergistic program for a lifelong health and fitness lifestyle! This simple, easy to...



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