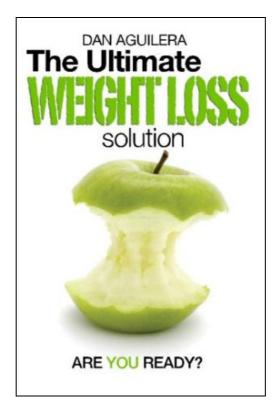
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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A practical and mindful read, that guides you through the various stages of functional weight loss and nutrition. This Ultimate Weight Loss Solution has been developed by weight loss expert Dan Aguilera, (owner and founder of Ultimate U Fitness) specifically for those who struggle to lose fat and maintain lasting results. This easy read book simplifies weight loss into four core areas, Progressive Nutrition, Progressive Exercise, Education Support and Lifestyle and Behaviour Change, ensuring that you are provided with enough of the why to motivate you into action. Dan has been working within the weight loss / fitness sector for over 15 years and has cut back all the crap by suggesting thoughtful and reactive questions that spur choices - the choice to either continue or the choice to change. If you re ready to lose weight (fat) via educational guidance then this is the solution for you. What others are saying: Joining UU was the best fitness-related decision I have ever made. Since joining in August 2014, I am now fitter and stronger than I have ever been. I feel sad that I spent so many years being a member of various gyms and never actually achieving anything. But I m here now and I m not going anywhere! Dan has the knowledge, expertise, drive and enthusiasm that have helped me on my journey. Thank you just isn t enough Kerry P-T. Since joining the gym with Dan it s changed my whole outlook on eating and exercise. I love the training sessions and always feel I m pushed to get the best out of me. Never before have I enjoyed exercise like Dan's sessions. He is so motivating...

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