



## 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.



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