

Leggere Fit Is Beauty Ebook Gratuito PDF/EPUB/mobi - Giulia Calefato



leggere Fit is beauty Ebook gratuito PDF/EPUB/mobi Giulia Calefato , Tornare in forma ed essere snelle e toniche senza seguire diete restrittive. È una magia? No, è la "Wellness Formula", un facile programma di 12 settimane che associa l'esercizio fisico con un'alimentazione equilibrata. Un metodo creato in collaborazione con un dietista e un personal trainer, che Giulia Calefato ci propone in questo libro come il segreto per conquistare una bellezza naturale ed autentica. "Nato dalla mia personale esperienza" racconta Giulia, "questo programma mi ha permesso di ritrovare fiducia in me stessa e di sentirmi forte e bella semplicemente facendo attività sportiva e mangiando senza ossessioni né escludendo gruppi di alimenti. Ma se è stato così efficace per me, perché non condividere questa strategia con altre donne?" Seguendo la "Wellness Formula" imparerai a nutrirti in modo sano e ad allenarti con esercizi semplici da eseguire in casa, all'aperto, in vacanza, ovunque! Perché il fitness insegna a prendersi cura di noi stesse e aiuta anche a combattere lo stress e i

malumori della vita quotidiana, a volte frenetica per i troppi impegni familiari e professionali. Per trasformare una volta per tutte la tua vita e sentirti bella per sempre!

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