



Pilates Plus Diet: The 28-Day Shape-Up Plan with Body

Lynne Robinson, Fiona Hunter

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The bestselling Body Control Pilates system plus a vibrant balanced diet in a 28-day plan for lasting weight control PILATES PLUS DIET contains over fifteen brand new exercises and incorporates the latest cooking trends. The nutritious recipes are packed with fresh ingredients and are devised to retain your interest with their bright colours and enticing flavours. All you have to do is follow the plan. There really is no excuse to change your habits with this positive and sustainable approach to exercise and eating! Taking you through the theories behind its healthy eating and fitness plan before taking you step-by-step through the programme, PILATES PLUS DIET is written in the practical style that has become Lynne Robinson's hallmark. This diet also casts a critical eye over fads such as the cabbage soup, food combining and no-carb diets. Enjoy the rewards of a re-aligned body and a delicious diet - benefiting every area of your life. The 28 day programme will retrain your body, but with a regime this manageable and appealing the effects will endure to deliver you the radiant health and great shape you need for an active and enjoyable life.

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