



From Flab to Fab

By Graeme Hilditch

John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, From Flab to Fab, Graeme Hilditch, Trying to figure out the best way to get fit and stay in shape is a constant challenge, and one which is made all the more difficult by the vast array of health and nutrition information peddled to us by the media. But how much of this information should we take on board and how much of it should we disregard? Every day, top personal trainer Graeme Hilditch gives advice to his clients on the best ways to get in shape and stay fit. The questions they ask him range from whether weight training gives women big muscles to whether protein is fattening - and here, at last, he sets the record straight on 150 of the most common myths. Follow his straight-talking, light-hearted advice and you will soon be well on the way to leading a fit and healthy life.



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