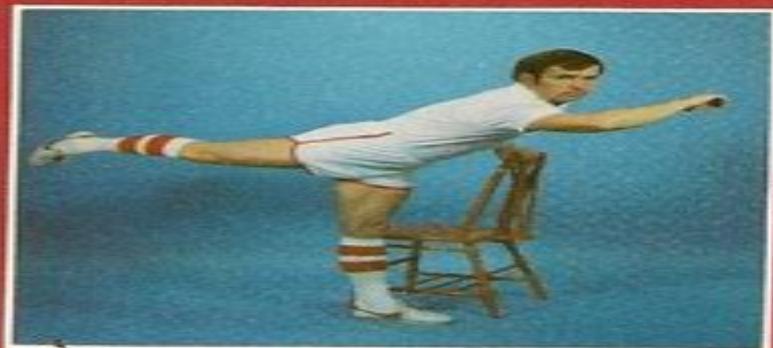
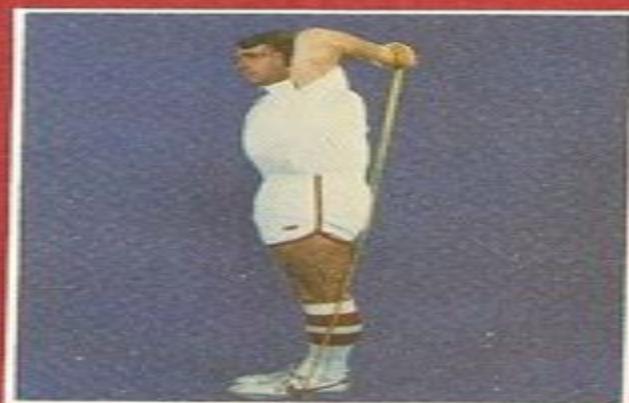


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# Ten Minute Total Shape Up Program

**Ying Liu**



## Ten Minute Total Shape Up Program:

Five-Minute Total Shape-Up Program Jim Everroad,L. Kern,J Everroad,1992-08-26      **Miss Craig's 21-day Shape-up Program for Men & Women** Marjorie Craig,1968 A developmental exercise program designed to help decrease body measurements and increase muscle tone      *Field & Stream* ,1974-07 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations      *Ebony* ,1975-06 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      Ebony ,1975-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      *Ebony* ,1975-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **Popular Mechanics** ,1975-04 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle      Ebony ,1975-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **Scouting** , Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families      Shape Up O. Quentin Hyder,1984      *Ebony* ,1975-05 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **Ebony** ,1975-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      **NACA Bulletin** National Association of Cost Accountants (U.S.),1930      **The Power of Total Living** Marcus Bach,1984      The Country Gentleman ,1913      *Access* ,1981      **Ebony** ,1974-08 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine      *Printers' Ink; the ... Magazine of Advertising, Management and Sales* ,1913      **The Saturday Evening Post** ,1908      **Dietwalk, the Doctor's F\*a\*s\*t 3-day Superdiet** Fred A. Stutman,1983 Abstract Dr Stutman recommends losing weight by walking regularly at a moderate pace 3 mph with no change in daily food intake necessary Three walking plans are provided with the goals of an 18 pound weight loss 36 pound weight loss and maintenance of weight The combination of walking with calorie reduction will result in a faster weight loss Three weight loss plans which involve walking plus calorie reduction are described The Doctor s Walking

Diet combines the slow or moderate weight loss walking plan with calorie consumption at the level recommended in a table. Calorie values are listed in a table in the appendix. The Doctor's Special Walking Diet is designed to burn off a snack or dessert on occasion by walking a prescribed time period. The Doctor's F A S T 3 Day Dietwalk is formulated for weight loss, weight maintenance, and good health. It combines a regular walking or pedaling program with a high fiber diet that is low in cholesterol, saturated fat, salt, and sugar. Three meal plans are provided, each to be followed 2 days per week. Sunday is designated a free day with set calorie limits and no walking requirements. The menu plans allow some substitutions. Eight ounces of water are required before each meal and bedtime. Diet meal plans are also provided for maintenance of weight. The remainder of the book discusses diet and nutrition fallacies, behavior modification tips, fat hidden in foods, fiber, cholesterol, saturated fat, salt, sugar, alcohol, smoking, stress, and fitness. One chapter deals with weight control by indoor exercise, walking, or light running in place and use of a stationary bicycle.

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