

## Pocket Guide to Fitness: All You Need to Know to Start Working Out Effectively (Paperback)



Filesize: 5.65 MB

### **Reviews**

*This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).*  
**(Delbert Gleason)**

## POCKET GUIDE TO FITNESS: ALL YOU NEED TO KNOW TO START WORKING OUT EFFECTIVELY (PAPERBACK)



AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Louiza Patsis has been working out intermittently since she was nine years old. She first worked out in a gym at her high school St. Francis Prep in Fresh Meadows, NY. She did not begin to work out regularly in a gym doing cardiovascular work and lifting weights until December 2003. She has not stopped for over 12 years. Ms. Patsis also has a Bachelor s of Arts in Chemistry and Masters of Science in Biology from New York University. She is the President of LP Enterprises. Ms. Patsis in the past has been certified as a personal trainer by the American Council on Exercise, the American College of Sports Medicine and the International Sports Sciences Association. Louiza Patsis is the author of The Boy in a Wheelchair, which she wrote at 10 years old. It tells the story of a boy who is physically challenged and bullied, and yet excels in school and plays sports. She is also the author of Life, Work and Play: Poems and Short Stories, a collection of works written in the span of 12 years. To order, call LP Enterprises at (212) 252 - 6947, or send an email to.



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