



## No More Mr Fat Guy: The Nutrition and Fitness Programme for Men! (Paperback)

By Jonathon Savill, Richard Smedley

Ebury Publishing, United Kingdom, 2000. Paperback. Condition: New. 2 Rev ed.. Language: English . Brand New Book. Before Jonathon Savill met Richard Smedley he weighed 19 stones. He was 42, lazy and incredibly unhealthy with a 42 waist. A year and a half later, he boasted a 34 waist and could run for an hour without stopping. NO MORE MR FAT GUY shows how YOU can turn your life around in the same way. What makes his programme so different is that it shows you how to acquire a healthier lifestyle through sensible eating and exercise that will keep your weight down indefinitely. Now fully updated, it advises on what type of foods are most suited to your body's physiology; what to eat when; how to calculate how much you need each day; rules you have to observe such as eating all your carbohydrates early; how to use exercise as a tool to help you lose weight, how to cope when eating out or in a social situation and even contains mouthwatering recipe suggestions. If you would like to feel fitter and younger, wear clothes that look like they did on the rail, you can. Even the longest journey...

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