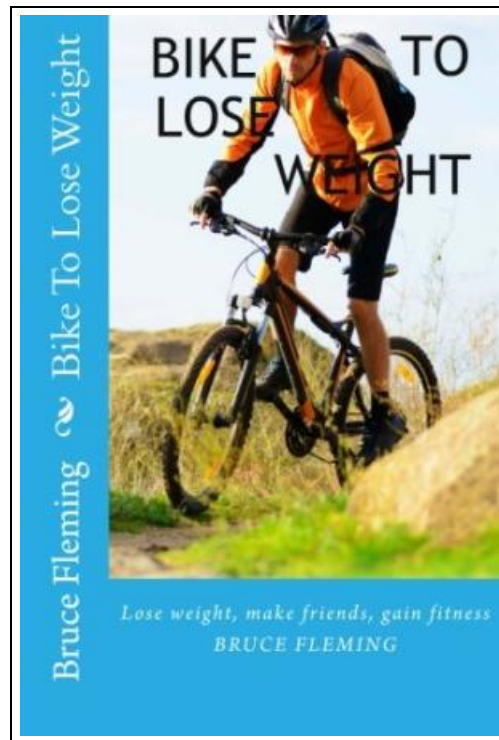


## Bike to Lose Weight (Paperback)



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## BIKE TO LOSE WEIGHT (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you ve had trouble losing weight or keeping fit, cycling may just work for you. In *Bike to Lose Weight* I ll explain why cycling is such a great activity for losing weight, keeping fit and making new friends. I ll explain the basics from bike parts to gear and you ll find some simple programs to structure your activity. Eating properly is such an important part of losing weight that I ll show you the ABC s of food and offer some great tips to speed up weight loss. And for those whose cycling may take them beyond the social level, I have included core exercises to encourage body strength and improve your cycling. For all my tips and guidance, you will still need determination to succeed. Struggling with motivation can be a challenge to anyone embarking on a new activity. So I ve included some great motivational tips and exercises to keep you on track. Also, because we cannot predict the weather I have included a section on indoor training so you can you can keep your activity levels high even on bad weather days. If this all sounds serious, that s because it is. Cycling can change your life. However, cycling can, and should be fun too. For this reason I have asked my good friend Bruiser to come along for the ride. Chapter by chapter he will provide humorous interludes as he shares the challenges he faced in following my advice. Stick with me and by the end of the book you should have the confidence to give biking to lose weight a go. You don t need any special talent to ride a bike...

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