

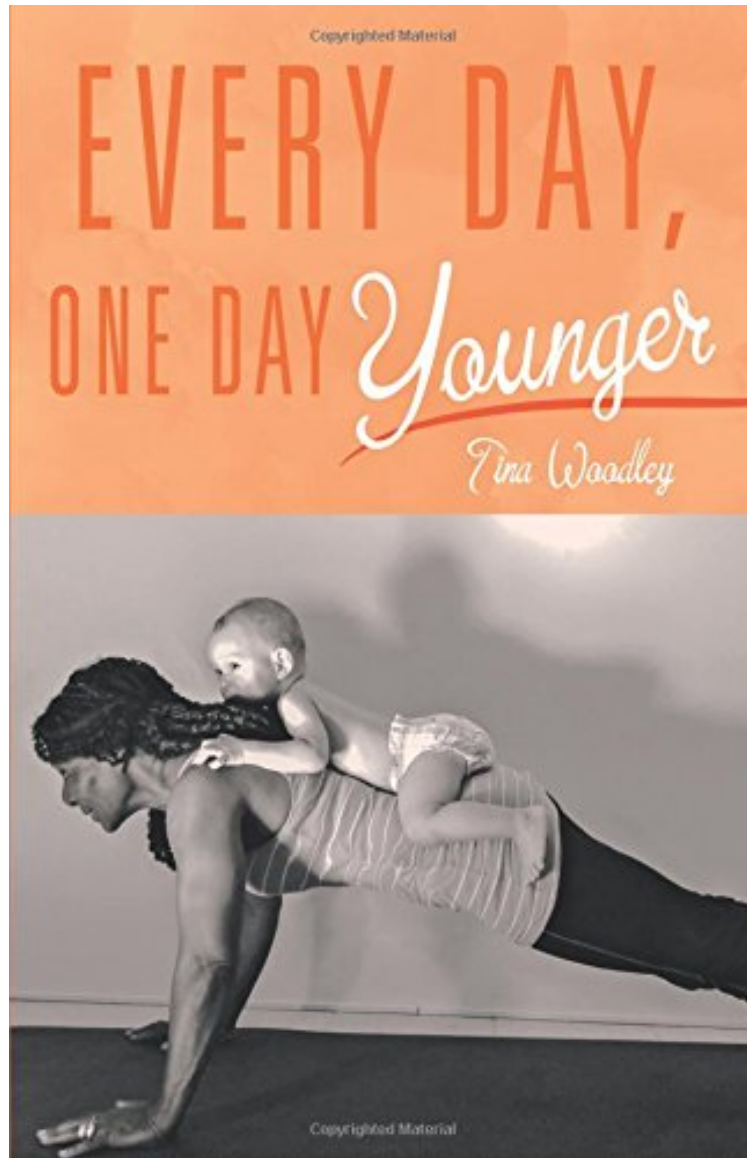
Name: 150435138X102 pages | File size: 77.Mb

DOWNLOAD 

Book online 

Tina Woodley

audiobook / *ebooks / Download PDF / ePub / DOC



(Library ebook) Every Day, One Day Younger

Every Day, One Day Younger

Tina Woodley : Every Day, One Day Younger before purchasing it in order to gage whether or not it would be worth my time, and all praised Every Day, One Day Younger:

0 of 0 people found the following review helpful. Five StarsBy Evangelina GonzalezVery good book! 100% recommended.

Every Day, One Day Younger is your guide to the fountain of youth. Designed for both the active older woman and those who are just beginning to feel the effects of middle age, Every Day, One Day Younger outlines a safe, healthy,

and above all, natural approach that fuses diet, exercise, and psychology in one holistic program. Discover the secrets of turning back the clock physically, mentally, and emotionally; the benefits of a gradual, low-impact approach to strength training; how diet and nutrition affect both mind, body, and spirit; and day-to-day habits that will impact both your outlook and your body. Through a gradual and realistic process designed to help you both adjust to and combat the rhythms and demands of middle age, your voyage toward a more youthful, energetic, and positive you begins with
Every Day, One Day Younger.

About the Author Tina Woodley lives on Bonaire. In 1979, she began professionally training in bodybuilding and weightlifting competitions across Europe and the Caribbean, eventually becoming one of the first female champion bodybuilders after winning the International Female Body Builders European Championship in 1986. In 1989, she opened her own fitness studio in Salzburg, Austria, and continued to strength train others professionally for the next nineteen years. In 2009, she returned to Bonaire to make an impact in the local community. She runs one of the island's first organic restaurant that also serves Ayurvedic food and continues to work as both a fitness and life coach to others. She is a wife, a mother, and a grandmother.