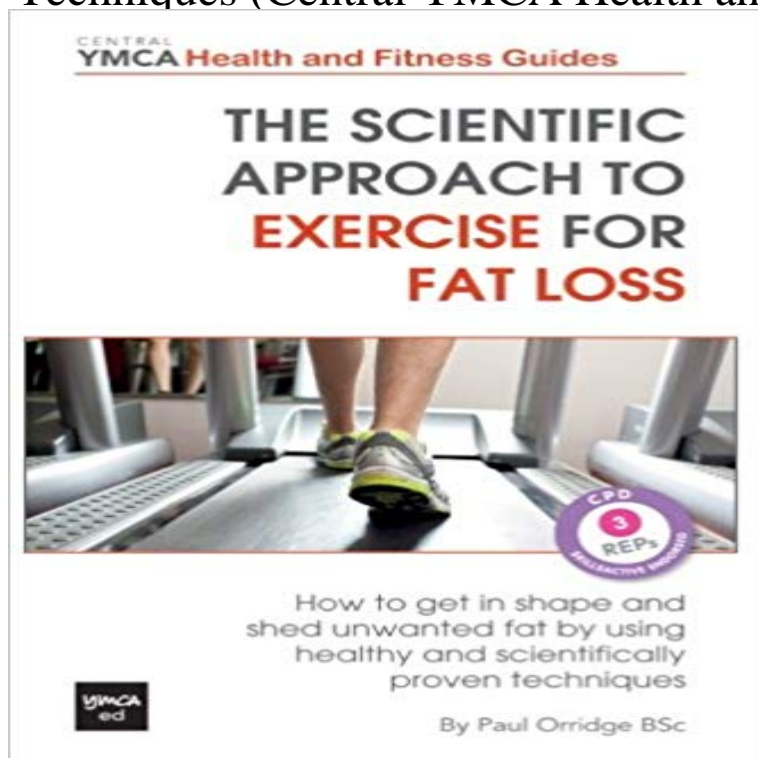


# The Scientific Approach to Exercise for Fat Loss: How to Get In Shape and Shed Unwanted Fat. A Review of Healthy and Scientifically Proven Techniques (Central YMCA Health and Fitness Guides)



This eye opening book, from the UK's leading activity for health charity, Central YMCA, takes a scientific look at the myths and misunderstandings around body fat, healthy lifestyles and exercise, separating fact from fiction and providing you with a proven way to achieve healthy body fat levels safely and effectively. Based on the findings of the latest scientific research and guidelines from the most highly regarded health organisations, author Paul Orridge shows you how to develop an exercise programme to help you achieve a healthy level of body fat in the safest and most effective way. Contrary to the images of people on television who look enviably fit and lean with minimal effort, or to the promises of quick fix diets and summer bikini plans that fill countless magazines, Orridge takes a realistic look at the lifestyle changes and hard work that we need to adopt if we want to lose fat and become healthier. An exercise professional himself, with over 20 years experience in the fitness industry, Orridge has trained thousands of exercise professionals, always underpinning his techniques and teachings with the latest scientific research into exercise, health and fitness. Simple, effective and scientifically proven. Forget the crash diets and exercise fads, here's what you really need to know. Central YMCA Guides: Trustworthy advice from those in the know

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