



Chubby Gal Fitness: Weekend Exercise Getaway

By Wendy Strack

Outskirts Press, United States, 2012. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you 20 to 30 pounds overweight and healthy enough to exercise? Do you like to eat? Travel? Play? Chubby Gal Fitness is not your typical run of the mill how-to-get-fit-to-lose-weight book written by a skinny person. Wendy Strack, a chubby gal herself, cheerfully whisks you on a weekend exercise getaway near scenic Hells Canyon located on the cusp of three northwestern states. Recreational fitness is fun when you have someone to exercise with. But exercise isn't the only thing you'll be doing after you meet Wendy. Oh, heck no! Take a private jet boat tour on the Snake River to the Hells Canyon Dam, see living trophy wildlife, discover Tiki Hut Lounge, exercise, eat, drink and be merry. That's only the first of a three day itinerary! Chubby Gal Fitness weekend exercise getaway is a refreshing alternative to boring industry modeled exercise regimens and fat loss programs. No matter where you live you are invited to live vicariously through this book and treat yourself with exercise sessions as delicious as the meals, (recipes...

DOWNLOAD



READ ONLINE

[6.26 MB]

Reviews

Extremely helpful for all class of people. We have read through and that i am confident that i am going to going to read through again again down the road. Its been designed in an exceedingly basic way in fact it is simply following i finished reading this pdf in which in fact altered me, alter the way i think.

-- **Noel Stanton**

Absolutely one of the best pdf We have ever read. I really could comprehend every little thing using this written e book. I am easily could get a satisfaction of reading a written publication.

-- **Dr. Odie Hamill**