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LOSE THAT BABY FAT!: BOUNCING BACK THE FIRST YEAR AFTER HAVING A BABY-A MOM FRIENDLY FITNESS PROGRAM (PAPERBACK)



ROWMAN LITTLEFIELD, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. Lose That Baby Fat! is a reality-based fitness program and practical guide for the average woman who is trying to shed unwanted pounds the first year after having a baby. Written in a comprehensive, month-by-month format, Lose That Baby Fat! will provide new moms with a series of fitness benchmarks for the entire first year postpartum. Each chapter begins with a detailed list informing Mom of...

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- Authored by LaReine Chabut
- Released at 2006



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Reviews

I just started off reading this article publication. It is definitely simplistic but surprises in the 50 percent of your ebook. You are going to like how the author create this publication.

-- Clint Labadie

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).

-- Santina Sanford

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