

Color for Health: Coloring Book for Weight Loss, Fitness Relaxation

Filesize: 7.89 MB

Reviews

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me). (Doris Beier)

COLOR FOR HEALTH: COLORING BOOK FOR WEIGHT LOSS, FITNESS RELAXATION



To get **Color for Health: Coloring Book for Weight Loss, Fitness Relaxation** PDF, remember to follow the link under and download the document or have accessibility to additional information that are have conjunction with COLOR FOR HEALTH: COLORING BOOK FOR WEIGHT LOSS, FITNESS RELAXATION book.

Good Spirited Consulting Co. Paperback. Condition: New. This item is printed on demand. 76 pages. Dimensions: 11.0in. x 8.5in. x 0.2in.Relax as you color your way to a healthier lifestyle with these 31 custom images. Each was designed to help you express yourself creatively as you focus on your wellness, weight loss, fitness and stress-reduction goals. As a special bonus, you will also receive 5 extra pages to color. Some of the images feature inspirational affirmations while others are simply designed to be creative fun for you. Images are printed on only one side and on the back of each image are encouraging words, suggestions or ideas. With something for all skill levels, use the simpler images on days when you want to quickly color a page (or share with a friend) and the more complex ones for extended relaxation times. The easier images have bolder outlines while the more complex designs have a lighter one. Use fine-tip markers, colored gel pens, color pencils, watercolor pencils or even crayons. Color inside or outside the lines to express your unique creative Spirit. Hang your artistic Reminder Art where you will see it every day to remind yourself of your fitness and relaxation goals. This item ships from La Vergne,TN. Paperback.

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