



Slow Burn: Burn Fat Faster by Exercising Slower (New edition)

By Stu Mittleman

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Slow Burn: Burn Fat Faster by Exercising Slower (New edition), Stu Mittleman, Life is not a sprint - it's marathon. And no one knows that better than the world record-holding ultra marathoner Stu Mittleman. Now this master of endurance training offers an exercise and diet regimen to help readers increase their fitness and energy levels while training the body to become a fat-burning machine. Stu shows how moderate exercise - not intense workouts, real foods - not low-fat fad diets and realistic goals - not lofty objectives are the most effective means of achieving long-term health and vitality. He gives sound, sensible advice from his personal training techniques and helps readers create their own individual programme, while offering inspirational wisdom that can help anyone achieve performance goals.



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Reviews

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-- **Mrs. Phoebe Schimmel**

A must buy book if you need to adding benefit. It can be rally interesting through looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe.

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