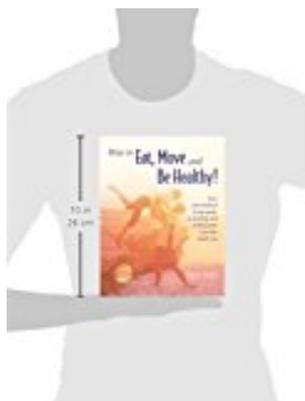


[PDF] How To Eat, Move And Be Healthy!

Paul Chek - pdf download free book



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Description:

Review "This book will be called the [bible] of movement and nutrition." -- *Eric Serrano, M.D.*

About the Author As a Holistic Health Practitioner, Neuromuscular Therapist and corrective exercise specialist, Paul Chek has developed a unique approach to wellness and education that ties in concepts from each of these fields. By treating the body as a whole system and finding the main cause of a problem, Paul has been successful where traditional methods have consistently failed.

He founded the C.H.E.K Institute in California as a focal point for the education of elite health and

exercise professionals. The C.H.E.K Institute runs four advanced certification programs and provides numerous training videos and courses to students worldwide. An internationally acclaimed presenter and consultant, Paul's clients have included: the Los Angeles Chiropractic College, Johnson & Johnson, the conditioning staff of the Chicago Bulls, Australia's Canberra Raiders, the US Air Force Academy, professional and amateur athletes from a variety of sports, as well as numerous rehabilitation clients. Paul is a contributing writer to many industry publications and websites and has authored several books, including *The Golf Biomechanics Manual* and *Movement That Matters*.

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