

[PDF] The Biggest Loser 30-Day Jump Start: Lose Weight, Get In Shape, And Start Living The Biggest Loser Lifestyle Today!

Cheryl Forberg, Lisa Wheeler, Melissa Roberson, Biggest Loser Experts And Cast - pdf download free book



Books Details:

Title: The Biggest Loser 30-Day Jump
Author: Cheryl Forberg, Lisa Wheeler
Released: 2009-02-17
Language:
Pages: 320
ISBN: 1605297828
ISBN13: 978-1605297828
ASIN: 1605297828

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

About the Author Cheryl Forberg, RD, is the nutritionist for *The Biggest Loser*. As co-creator of the eating plan, she has counseled each season's contestants on reaching their fitness and nutrition goals. A James Beard award-winning chef, Cheryl brings a flavorful and fresh approach to eating for weight loss with a special emphasis on anti-aging. She is the author of *Positively Ageless: A 28-Day Plan for a Younger, Slimmer Sexier You* (Rodale, 2008). Cheryl is a graduate of the University of California, Berkeley. She lives in Napa.

Melissa Roberson is the editor of BiggestLoserClub.com, the website that offers food, fitness, and exercise tips. She often visits the ranch and interviews trainers and contestants about their inspiring weight loss journeys. She is a web veteran, having worked on new media projects for Time Inc., *The New York Times*, News Corps., Amazon.com and BarnesandNoble.com. She lives in Hoboken, NJ.

Lisa Wheeler, an international dance/fitness professional based in New York City, is the National Creative Manager for Equinox Group Fitness, a Contributing Editor for *Shape* Magazine and Choreographer for Cal Pozo's Fit Vid Productions, where clients include *The Biggest Loser*, *Dancing with the Stars*, *American Gladiators* and Denise Austin. She has appeared in more than 20 fitness videos, FiT TV, and hosted *The Method Fitness Show*. Lisa leads the Westin Workout segments on SPG TV and has hosted fitness programs for the NFL Channel, CNN Headline News, *The View* and QVC. She holds NASM, ACSM, ACE, and AFAA certifications.

- Title: *The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today!*
 - Author: Cheryl Forberg, Lisa Wheeler, Melissa Roberson, Biggest Loser Experts and Cast
 - Released: 2009-02-17
 - Language:
 - Pages: 320
 - ISBN: 1605297828
 - ISBN13: 978-1605297828
 - ASIN: 1605297828
-