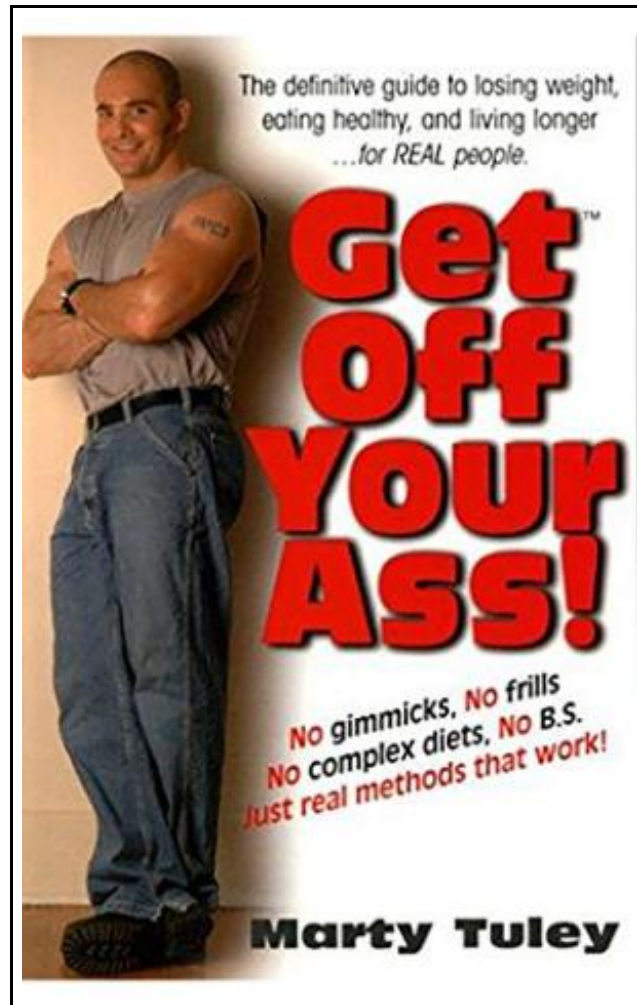


## Get Off Your Ass The Definitive Guide to Losing Weight, Eating Healthy, and Living Longer. for Real People



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Basic Health Pubns. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 8.8in. x 6.0in. x 0.4in. Marty Tuley understands. He understands that most Americans work more than forty-five hours a week. He understands that after a full days work, they still have to come home and care for their spouses, kids, and pets. He understands that most of them have little time in the day for exercise and no patience for complex fitness programs. He also understands that most Americans are pretty lazy and lack accountability, pin their health and well-being on fad diets and get-quick-thin programs, and blame the fast-food culture for their weight-loss failures. And so Tuley has issued a challenge to all the Everyday Joes and Janes out there: quit complaining, change your lifestyle, and get off your ass! In this book, Tuley presents a direct, unique, lifestyle-changing program for weight-loss success for the average American who doesnt have a lot of time or energy to waste. The Get-Off-Your-Ass (GOYA) program is made up of three core parts, or laps: Education, Exercise, and Nutrition. In the first lap the author explores the reasons why the growing epidemic of obesity in America has become a clich. In the second lap, he introduces his unorthodox exercise program, which focuses on realistic goals and progress for the exercise novice. The final lap is chock full of sound, simple advice for eating and living, not on providing complex, short-term diet solutions or endless lists of good and bad foods. All through this book, Tuley candidly challenges you in a no-nonsense, in-your-face style that forces you to rethink the way youre living. You cant help but feel as if you have your own personal coach pushing you every step of the way, doling out praise when youve stayed disciplined and barking in your...

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