



PfundsKur, Das Aktiv-Programm

By Schlicht, Wolfgang

Condition: New. Publisher/Verlag: Hampp, Stuttgart | Mit Motivationshilfe für dauerhafte Lust auf Bewegung. Mit Trainingsplänen für Walking, Nordic Walking, Laufen, Radfahren, Inlineskating und Schwimmen | Die PfundsKur ist die dicke Chance für die schlanke Linie. Weniger Gewicht und mehr Lust auf Leben - das neue PfundsKur-Aktiv-Programm von Professor Dr. Wolfgang Schlicht zeigt, wie's geht. - 10-Wochen-Mitmach-Programm für ein besseres Körpergefühl, mehr Energie und Lebensfreude - Herausnehmbarer Aktiv-Planner mit Trainingsplänen für Walking, Nordic Walking, Laufen, Radfahren, Inlineskating und Schwimmen - Sportpsychologische Motivationshilfen für dauerhaften Spaß an der Bewegung. | Format: Paperback | 205 gr | 6x148x209 mm | 88 pp.



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