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the body transformation phenomenon and 1 instagram sensation s first healthy eating and lifestyle book millions of women follow kayla itsines and her bikini body guide 28 minute workouts energetic kinetic high intensity interval training sessions that help women achieve healthy strong bodies fans not only follow kayla on instagram they pack stadiums for workout sessions with her they ve made her sweat with kayla app hit the top of the apple app store s health and fitness charts and they post amazing before and after progress shots the bikini body 28 day healthy eating lifestyle guide features 200 recipes such as fresh fruit breakfast platters smoothie bowls and salads a 4 week workout plan which includes kayla s signature 28 minute workouts full colour food shots and photos featuring kayla throughout

this book examines the phenomenon of digital guru media dgm the self styled online influencers life coaches experts and entrepreneurs who post on the themes of wellness health and fitness it opens up new perspectives on digital leisure and internet celebrity culture and asks important questions about the social cultural and psychological implications of our contemporary relationship with digital media drawing on cutting edge social theory the book explores a wide range of contexts in which dgm intersects with digital leisure from the health related learning of young people to the clean eating movement to the online lives of fitness professionals it asks if digital and social media are problematic per se and explores the problems a turn to the internet could be revealing about the lack of real world or analogue support as well as potential solutions for our wellness health and fitness needs and wants bringing together innovative multi disciplinary perspectives this book is fascinating reading for anybody with an interest in leisure studies media studies cultural studies sociology or health and society

the bikini body training guide is kayla itsines 189 page guide containing a full 12 week workout plan including effective cardio methods recommendations to target problem areas and workouts under 30 minutes

recipes to improve your skin sleep mood energy focus digestion and sex from the trusted influential and famously trend setting website comes the first ever well good cookbook founders alexia brue and melisse gelula have curated a collection of 100 easy and delicious recipes from the luminaries across their community to help you eat for wellness these

dishes don't require a million ingredients or crazy long prep times they are what theuzziest and busiest people in every facet of the wellness world fitness beauty spirituality women's health and more cook for themselves enjoy venus williams jalapeno vegan burrito kelly leveque's chia flax chicken tenders drew ramsey's kale salad with chickpea croutons and gabrielle bernstein's tahini fudge among many other recipes for every meal and snack time whether you want to totally transform your eating habits clear up your skin add more nutrient rich dishes to your repertoire or sleep more soundly you'll find what you need in this book along with go deep guides on specific wellness topics contributed by experts this gorgeous cookbook delivers a little more wellness in every bite

so you finished my 12 week guide give yourself a massive congratulations and pat on the back it's a huge accomplishment and no doubt you are feeling a big change in your overall health mindset and confidence as you know by now my program is not a diet but a lifestyle with my 20 guide i've created another 12 weeks to help you continue your healthy lifestyle inside you will find 12 weeks of higher challenge workouts a full glossary section detailing new exercises as well as a guide to foam rolling and new resistance exercises the 20 guide helps you take your healthy lifestyle to the next level and is the best way to continue reaching your fitness goals

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