

Chapter 1 : Laurie: Body, One Life - Brigham and Women's Hospital

The Weekly Burn email newsletter is inspiring, insightful, and is packed with tips large and small to help you stay on track. Sign up here to get it delivered straight to your inbox each week!

Back to For Patients and Families Laurie: One Body, One Life Laurie never let spina bifida slow her down or define her. She lived a full and satisfying life, despite sometimes weak legs and flagging energy levels. Like her perpetually sunny disposition, spina bifida was a constant for Laurie—as was her excess weight. Chubby as a little girl, Laurie accepted her status as an overweight adult. When the demands of graduate school triggered additional weight gain, she began noticing a decline in her mobility. At pounds, Laurie weighed the most she ever had. Obesity added a complicated layer to spina bifida, a birth disorder that affects the spine. Laurie knew it was possible to change her body and improve her health. Her mother was a weight loss success story, a gastric bypass surgery patient who had lost pounds. But she was hesitant—worried about her pre-existing condition and wondering if she could commit to such a lifestyle change. She spent a long time explaining options and answering my questions. Because gastric bypass surgery can cause gastrointestinal issues in spina bifida patients, Laurie opted for less invasive, laparoscopic sleeve gastrectomy surgery. She recalls saying a prayer with the hospital chaplain before the procedure, which helped put her mind at ease and encouraged her as she went into surgery. Laurie remembers waking in the recovery room with some pain and nausea. The rest was up to me. She continued walking every day, building endurance and increasing distance. Eventually she walked to and from work—3 miles each way. Dancing at Zumba classes became a highlight and, when the weather warmed, Laurie started kayaking. Less than one year after surgery, Laurie did what she never imagined was possible: She had lost 90 pounds and discovered a whole new zest for life. One of her most cherished highlights was when she boarded the airplane and had ample room to spare in her seat. The other was in Petra, Jordan where she completed two hikes, climbing steps in one day. Davidson, research shows that those who participate in support groups experience greater long-term weight loss and satisfaction. She has the gift of lighting up a room, and she frequently inspires others to achieve more than they ever imagined.

Chapter 2 : One Life. One Body. | Live your best quality of life

of over 30, results for "one body one life" One Body, One Life: Six Weeks to the New You Apr 20, by Gregory Joujon-Roche. Hardcover. \$ \$ 28 95 Prime.

Bacon Brussel Sprouts Measurements per serving: You want a small bite. I always prep my pan with aluminum foil and a non stick spray for quick clean up. Place your sprouts on the pan. Cut apple into small cubes and add to the pan. I buy a bag of cooked, crumbled bacon and add to the pan simple, remember? Mix the ingrediants together and drizzle with olive oil. Add fresh cracked pepper and salt, but minimal salt. Bake at degrees for 15 minutes stirring once or twice during the cooking period. I do this about once a month, but it varies based on sales. That was a price that made two hours on a Sunday afternoon worth it! Start your bbq or oven hot, around degrees, but turn it down to degrees once you place the meat. You want it to cook slow so it holds flavor without drying out. Once the meat is completely chilled I waited three hours , chop how desired. This will keep the pieces from sticking together and make it easier to portion out what you need later. Then place in air tight containers and you now have quick, simply dinner at your finger tips! Just make sure you use air tight, freezer safe containers! Same with marinades for a lot of the dishes; soy sauce is dangerous for anybody with a gluten allergy. Fear not my foodie friends! Gluten free, egg free sushi at home is a reality! To make one serving, as pictured above: Cook the rice as directed on the package. I love my rice cooker and highly recommend it, but you do you. For every cup of prepared rice, add 1 tsp of rice vinegar and stir. This will make your rice sticky and have a touch of flavor. I went for the plastic wrap because I could create a wider base. After you have your rice base comes the fun part! First, layer on the shrimp. In a small dish, stir together mayo and sriracha until desired spiciness. I went with equal parts; again, you do you. Drizzle mixture over the shrimp. Place diced cucumbers on top of the spicy shrimp. Place slices of avocado next to cover the top. Sprinkle with sesame seeds. Drizzle 1 tsp of soy sauce over the master piece. Simplicity and nutrition is what I strive for. The following recipe will make approximately fajitas. Add the lime juice last as it will give the cilantro some weight. Go easy on the salt and pepper as the Montreal Steak Seasoning has both in it. There will be seasoning drippings left and a little oil â€” you need this to flavor the tortillas. Put the pan on low heat and place your tortilla in the middle. On the hot and now seasoned tortilla, smear the sour cream, add meat and peppers, add the salsa creation and Wal-Ah! These have extra salsa drizzled on top because yum! Every couple of months I BBQ pounds of meat, chop it up, and freeze it. This gives me quick access to protein to add to any meal! The lid is crucial; it will make the broccoli soft without drying out your already cooked chicken. Once the broccoli can be stuck with a fork about minutes , add the cabbage. Steam for another minutes. Once the cabbage is hot, turn off heat. Spread the pan evenly and sprinkle the cheese across the top. Remove from heat, place lid back on and let the cheese melt. This makes two servings!

Chapter 3 : One Body One Life © (@o.b.o.l) Instagram photos and videos

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Probiotics are recommended as a great way to support your health and natural processes of your gut, your immune system and even your brain functioning. Your gut holds trillions of bacteria, both good and bad. Problems in the gut arise when normal levels of these micro-organisms are skewed in the direction of the unhealthy bacteria, or less than the ideal number of strains of healthy bacteria. Quality probiotics used daily support health in many ways! Here are the TOP 6! To Counteract Antibiotic Usage: Antibiotics wipe out both our good and our bad bacteria and can throw the balance of our gut flora out of whack, resulting in a weakened immune system, and digestive stress. To Support a Healthy Gut: New research suggests that gut health effects every other system and area of health in our body. A healthy gut supports immune and brain health and provides for better absorption of key nutrients that our bodies need to fuel every biological process. Probiotics safely add healthy bacteria to the lower digestive tract where they are needed. For a Healthy Brain: Recent research has been conducted showing a positive correlation between consuming fermented foods which contain higher levels of microbes and positive brain function, particularly reduced anxiety. While these studies are still preliminary, the risk of any adverse affects from probiotic consumption is so low, it seems a "no-brainer" to add a quality probiotics to your daily regimen. You can read more about this study here! To Improve Immune System Health: There is also a correlation with gut health and systemic inflammation in the body. Inflammation is the precursor to many diseases and can precipitate "leaky gut syndrome" where key nutrients are lost through the GI tract wall before being absorbed for cellular function. To Aid in Digestion of Lactose Products: Scientific research studies have proven that lactose intolerant individuals are better able to digest the lactose in yogurt than the lactose in milk. To Improve Skin Conditions: Suffering from acne, rosacea, dermatitis or eczema? A great, natural way to improve inflammation associated with these conditions is probiotics. This is again due to the "gut-brain-skin axis. Doctors have recognized that individuals suffering with mental illness, in particular anxiety, were much more likely to have skin conditions such as acne. Many over the counter probiotics do not contain the appropriate strains, or count of microbes to make a substantial difference on health. Additionally, over the counter probiotics may not contain a protective coating to get microbes to the lower digestive tract and may become dissolved in the gastric acid of the stomach. This eliminates any benefit of consuming these products. My probiotic of choice is Optiflora, pre and probiotic systems, with a patented, triple encapsulation to make sure your probiotic gets to that "just right" area of the digestive tract. Want to support your health naturally now?

Chapter 4 : Ripsterchick â€™ One Body, One Life. Make it Count!

One Body One Life (OBOL) is a free 10 week programme to help you and your family make real changes to your eating and exercise habits, to be fitter, healthier and more active.

Yesterday, I dove deep and shared with you some of the mental hurdles I had to face when I started my weight-loss and lifting journey. I believe that conquering your inner negativity is a big step forward in making your outside match your inside; finding harmony as a beautiful, strong, whole person. I want to share some of the food tips and my basic workout philosophy for weightlifting. I follow my own advice everyday and it helped me lose pounds but more importantly it keeps me on the path of success now. I made quick decisions that impacted my daily calorie intake. Combining that with poor exercise and I gained weight. When you have a plan, when you have go-to foods, you start to make habits with your food choices. Eating and making good choices with a disciplined diet become easier over time. You will even develop a preference for different foods once your actions become habitsâ€ making that strong, beautiful body your destiny! If you are a vegan, you can try high protein, low carb kudos but you might have a hard time finding foods you can eat. Try to be easy on yourself. I did not start off on a gluten-free, dairy free, paelo, vegan, raw diet still will not and do not. I figured out how much I was actually eating. Write it down or use an app, I like my fitness pal. Just this trick made me eat less. I realized quickly that I had become a zombie eater- a person that is mindlessly eating when they are not hungry. I was eating out of boredom or stress, not because my body needed it. Once you know how much you are currently eating see what happens when you start to reduce your caloric intake. If you realize you are eating over 3, calories daily, what does your body and mind feel like when you eat 2,? Do you get hungry more often, dizzy, thirsty? Once I started to listen to my body I realized that many times when I went to grab food I was actually thirsty. Drinking water keeps your digestive track lubricated and happy. It helps your whole body perform the multitude of functions it needs to do everyday to keep us human. Once you have started to cut your calories down and noticing how your body is reacting to certain foods chose a diet that works for you. I started out with a very high protein, low carb, low sugar, low-fat diet when I was in my losing weight stage. During both stages weight-loss and maintaining I eat 80 to grams of protein a day, it is a lot, but I also find that the more protein I eat the less hungry I am. I notice that it does three things for me. One, it increases my satiety, I am satisfied with the food I eat for longer periods of time. Two, I have higher energy expenditures when I eat high protein, this means I am getting more out of each calorie that I consume, there is less waste, and less that will turn into fat. Finally, it helps me keep and build more muscle while boosting my metabolism. If you had told me two years ago that there would be days it is hard for me to eat, I would have laughed in your face. But it is true, some days, after a hard workout, or if I am dehydrated, I do not feel like eating. I have to force food down to take care of my body and muscles. You should create a list of easy-to-eat foods that can be snacks, breakfasts, post-workout energy boosts. I am not sponsored by the brands I will mention in this post. They are just personally what works best for me. Pure Protein Bars Chocolate Deluxe are my favorite snack. I eat at least three a day. They have 21 grams of protein per a bar, 3 grams of sugar and are calories. I have one for breakfast with my morning coffee. I also have been known to eat them in my sleep. I will save that story for another post I also started eating Greek yogurt: Dannon Oikos Triple Zero, has 15 grams of protein and no added sugar. This is great for the days it really is hard to eat, when you just wish you could drink your calories or eat a pill. Never felt like that? Well everyone is different I guess, but believe me this stuff is filling and really easy to eat. They are full of protein and fiber, both nutritional building blocks are great for your digestive track, keeping you full, and building muscles. There are so many different types to choose from. I enjoy making homemade humus and chilis. I love black beans on wraps. I like to make lentil soups. They really are a very diverse food, and again, they are full of fiber! Fiber is your best friend! You should try to get as much in as you can through the foods you eat. I found it hard to get as much as I needed when doing a high protein, low carb diet. I was not eating a lot of fruit at the time, there is so much fiber packed into the skin of many fruits. So I picked up a habit I learned from my husband. I take three spoonful every night of Original Colon Cleanse; a powder made of psyllium husks. It is hard to get down, make sure to

drink a lot of water with it. I started with one spoonful a day and worked my way up to three through experimenting with what works best for my body. Again, everyone is different and will have individual timelines for adjusting to the boost in fiber intake. **Workout Philosophy** When I was pounds I did a lot of walking. I walked my butt off, literally. I have lost pounds and a part of that success was cardiovascular activity. I had to burn more calories than I ate and I did a good job of that. Once I started to get down to my goal weight I noticed the loose skin. I missed my curves. I realized that what I was missing was the muscles I once took for granted when I was a teenager. On our first date in May , my husband put his hand on my lower back. He then looked me in the eyes and asked when had I injured my back? How did he know? I had lived with moderate to severe back pain for almost a decade and it was the largest motivator for my weight-loss. Within weeks of meeting my husband he had me on a reverse hyper machine, a weight machine designed to strengthen your posterior chain. He also stressed perfect weight lifting technique. As you can see from the picture above, proper technique and heavy lifting have made a world of difference for my posterior! If you do not have a weightlifting coach or have access to a gym I do not recommend doing barbell or dumbbell lifting by yourself. You should always lift with a partner, and you should seek out individuals that know what they are doing. I had been one of the strongest girls on my college team and it felt good to get the anaerobic burn back in my muscles. How do you know if you are lifting heavy? That is the number one question I get from new lifters. I compare it to an arm full of groceries€ that feeling of burning when you decided to do the whole load in one trip, and even a few minutes later you can feel it in your arm. If you can do more than 10 reps without breaking form or it is still easy you need to be lifting more weight. This is called myofibrillar hypertrophy, it builds muscle. You want to use a weight that is heavy enough for you to do between 2 to 8 reps. The more weight and the less reps increases both the quantity and size of the muscle fibers, giving you more lean body mass. You want to push yourself till it the weight is too heavy to lift easily. This causes microtrauma to the muscle fibers. These are small tears that your body will repair and replace with stronger and larger tissue. The simple reasons I lift now are: I love my curves, I like being able to eat more because muscles need more calories revving your metabolism , and being strong makes me more self-assured in every facet of my life. I truly enjoy going into the gym, picking up a set of 35 pound dumbbells and noting the reaction of others as I pump iron. That feeling is priceless, and the confidence boost enormous! It empowers me to aim high and reach for my goals with renewed tenacity. With the right fuel and training, anything is possible! One Body, One Life.

Chapter 5 : One Body One Life - Chiropractor Osteopath Massage Therapy in Reading

In every possible way, from the food prescribed, to the training, to how it makes me feel, Greg's One Body, One Life program is life changing." Pink "What is particularly satisfying about working with Greg is how creative he is in achieving fitness goals.

Twenty years of results and pages filed with inspiration, education, nutrition, and exercise. How do you see yourself in 6 weeks? At the end of the next six weeks, how do you see yourself? Take a moment, and visualize it. A slimmer and healthier you, with tighter muscles, a flatter stomach, a greater glow of energy, and a feeling of empowerment. I think you see an image of change. It addresses all four of the most fundamental elements of fitness and health. The Mind and Spirit: The only masters of the body. The food that builds the body, without burdening it. The procedures that get rid of energy-destroying toxins. The action that burns fat and builds muscle. Each of the Four Elements of Fitness is addressed almost every day during your 6-week program. Each reinforces the others. The combined synergistic power of all four, put together, is overwhelming, transformation, and life changing. I have trained a Sultan, a Knight, a Prince, rock stars, movie stars, athletes and everyone in between, including people like you. Why fitness is harder for women and what they can do about it. How common household yeast can puff your stomach, and make even a well-toned abdomen look bloated. How staying full can make you slim. How food reactions can make you fat. How to be slim for the rest of your life without dieting. Why spot reducing is a media myth. How to find time to exercise, even when you have no time. Never been a program like this. If you stick with it, you will succeed. Change your body and your life Starting now! Leaving me with the knowledge and awareness of my abilities. I love the way we train and I love the way we laugh. Your balance of intensity and compassion is one of a kind. Thank you for being there for me. It had amazing influence on my whole well-being. It also gives me a new start to a much healthier life. Thank you for all your guidance my dear Greg.

Chapter 6 : One Body, One Life® (E-book) - One Body One Life

One Body One Life One Love. likes. "If you must look back, do so Forgivefully. If you must look forward, do so Prayerfully. However, the wisest.

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Abstract Service evaluation of a community-based healthy lifestyle programme, designed for families aimed at preventing obesity. Physiological and behaviour measures were recorded at the beginning and end of the programme. Ethnic minorities were also well represented. There were statistically significant self-reported behaviour changes, with improvements in fruit and vegetables eaten and decrease in consumption of crisps, snacks, and take away foods. There were also significant increases in physical activity. The consequences of obesity on physical and mental health have been well documented in both adults and children and include hypertension, type II diabetes, increased social isolation, and reduced body image, [3]. Two Cochrane systematic reviews, one looking at prevention of childhood obesity [4] and the second at treatment [5], found limited evidence of effectiveness of interventions on weight; the most effective interventions combined dietary, physical activity, and behavioural components along with parental involvement. Behavioural change strategies are generally based on behavioural theories such as social cognitive theory and make the assumption that all behaviour patterns are conditioned. Altering these patterns is the key to changing and maintaining behavioural changes. Successful interventions therefore include modeling to change behaviour with reinforcement operant conditioning [8 , 9] to embed change. The involvement of the family, to ensure that the home environment is conducive to modeling and particularly reinforcement, is therefore important for change to occur and be sustained [10]. Having one or more obese parents is one of the best predictors of obesity in children [11]. This is particularly so for children aged 6â€”11 years where parents are the primary mediator of change [13]. Research has repeatedly demonstrated the importance of parental involvement. A recent study by Watson et al. It is important therefore that obesity interventions involve a parent in the process and hence a family-based programme is advocated. As Berry et al. It does not emphasise the past, except in relation to present and future solutions. The main focus is on simple adaptive solutions, as small changes can lead to more substantial changes. The OBOL programme lasts for 10â€”12 weeks, with weekly minute sessions. The sessions consist of a healthy eating and a physical activity workshop. Both workshops are held with adults and children together. The sessions are designed to be fun and interactive with key messages for everyone. The minute healthy eating workshop provides participants with foundation knowledge in healthy eating to enable them to make healthier choices. Clients are encouraged to monitor their food intake, which is recognized as being more effective than food restriction, [21]. A minute physical activity workshop follows this. The main objective of this is the development of core motor skills, confidence, and self-esteem alongside improving fitness. Table 1 gives an overview of the sessions. Overview of OBOL sessions. Recruitment For the cohort included within this evaluation, the main recruitment strategy used was to raise awareness of the programme amongst the target population the more deprived areas of Coventry by making the programme and team members visible within the local community. This was done through health promotions, taster sessions and briefings to neighbourhood groups in local venues including schools , as well as through flyers, posters, the use of media, and a website. Prior to an OBOL course being run, the team would liaise with headteachers, the healthy schools coordinator, and the school nurse to promote interest at the school. The main aim of the taster sessions was to give potential participants insight into what they could expect on the programme in a fun and interactive way. Assemblies and classroom sessions were used, where possible, involving parents. The team used this opportunity to promote the benefits of healthy eating and physical activity, whilst at the same time signposting them to programmes available within the local area. The recruitment strategy also used newsletters and local newspapers to showcase successful case studies to highlight the benefits of the programme. The remainder were recruited through word of mouth, referrals from healthcare professionals or other unknown sources. This means that a participating child or adult may not be an unhealthy weight. The

target age range for children is 7â€”16 years old, who must be accompanied by a parent although siblings outside this age range are included especially where childcare facilities are an issue. Baseline characteristics of the individuals were recorded at the first session. Physiological data and behaviour data was collected at the first and last sessions, using the same data collection instruments, as follows; 2. Physiological Measures Weight was measured to the nearest 0. Height was measured to the nearest 1mm with Leicester height measure; Child Growth Foundation, London. Waist circumference was measured to the nearest 0. Measurements were taken at the start and end of the programme. Clients self reported how many times they took part in activity for more than 30 minutes. During the programme, the measurement technique was altered from asking about activity in general to using specific activities including household duties and walking up stairs as prompts. Analysis here only included scores taken using prompts. Both measures were taken at the start and the end of the programme. Ethics Approval The analysis described in this paper was a formative evaluation for the purpose of improving the service offered. Clients gave permission for the data to be used for these purposes. Statistical Analysis The data analysed was routinely collected by the programme as part of the on-going monitoring arrangements and was used retrospectively for this evaluation. Data quality issues were dealt with by excluding results where there was a clear data entry error missing or decimal point error. Where results were outliers of the distribution, the likelihood of the result being correct was considered, and if it was a physiological possible result, it was included within the analysis. Statistical analysis was carried out using paired t-tests to compare the before and after measurements of individual participants, where both start and end data was provided. Subgroup analysis was carried out where relevant e. Outcome data at course completion was available for the cohort included in this evaluation; longer term outcomes are now being captured where possible. Physiological data was recorded at the start and end of the intervention for children and adults, and the evaluation results are obtained from this group. Rates for completion were similar by ethnic group. The reasons given for dropping out of the course were varied including parent starting new employment and difficulties within families. The average age of the children was 8 years, but the range was as wide as 0 to 15 years since; although the target range was 7â€”16 yrs, siblings were encouraged to participate. Table 2 shows the characteristics of the participants who completed and those who failed to complete the programme. It demonstrates that the weight profile of children attending the program is broadly similar to that measured in Year 6 through the NCMP programme in Coventry and to the Health Survey for England data for 2â€”15 year olds [22]. The programme attracted an ethnically diverse group, with a lower proportion of those of white British ethnicity than estimated from the census [23]. Baseline data for OBOL participants, comparing those who completed the course with those who did not complete. A comparison of the characteristics of those who failed to complete the programme with those who completed it shows that boys were less likely to drop out than girls, and that those of mixed ethnicity were more likely to drop out though this is based on small sample size. There was no significant difference by BMI category, deprivation, or healthy lifestyle behaviours. There was a statistically significant improvement in knowledge of healthy eating and physical exercise both in adults and children, with an increased score of Summary of behaviour change among the OBOL participants adults and children for whom baseline and outcome data was available. Both adults and children achieved a statistically significant increase in their weekly activity levels, of over minutes for adults and minutes for children per week. It is possible that this change is in part due to the activity element of the programme, however this would be a maximum of 45 minutes, considerably less than the increase seen. There was also a significant reduction in the amount of chips, crisps, sweets, and fizzy drinks consumed per day. The reduction was of 0. Fast food consumption also decreased, but this was not statistically significant for children with a reduction of 0. Physiological Table 4 shows the physiological out-comes, comparing baseline measures with those recorded at course end. This analysis was carried out for overweight and obese participants only, since this group might be expected to see changes due to their behaviour change. Each of the statistically significant changes reflected an improvement; however, the scale of improvements was small and is unlikely to be clinically significant. Although these changes are not expected to impact on the short-term health of the individuals, if this reported behaviour change is sustained, future health improvements should be anticipated. Physiological changes, comparing baseline with course end measures for overweight or

obese participants. Intention to treat analysis, which assumes no change for those who dropped out of the course, was also carried out; compared to the data shown, the same measures were found to be statistically significant, but with a smaller size effect. Discussion A change in knowledge of healthy lifestyles and behaviour in terms of physical activity and healthy eating has been demonstrated during the course of the programme. If these changes in behaviour are sustained, this might be expected to lead to a reduction in health risk factors for adults [24 – 26]. In addition, since parents are the primary mediators of change, [13] parental eating and physical activity choices will inevitably impact on the home environment, making it more conducive to positive change in children [15]. Research supports this assumption by demonstrating that weight control interventions delivered within a family-based context have yielded very promising long-term results in the treatment of childhood obesity [27]. This was only the case where at least one parent was involved in the intervention; if neither parent had been involved the benefits only lasted 5 years. This highlights the possibility of utilizing the programme to both prevent and treat childhood obesity, since family-based lifestyle interventions with a behavioural program aimed at changing diet and physical activity together with thinking patterns have been shown to be effective at treating childhood obesity, [5]. The recruitment strategy was inclusive and reached the target audience, as demonstrated through observation of the demographic profile of course participants shown in Table 2. This was achieved through promotion of OBOL in the target communities rather than through applying exclusions. As Faith et al. Clients often share experiences and work together to come up with strategies of how they can do this in their everyday life. At a societal level this could have numerous benefits [29]. Limitations of Research Clearly this is an evaluation of a service and not a research programme, and there are limitations to the study. For example, there is no control group, and so spontaneous changes in behaviour of the whole population cannot be ruled out. Given the study design, a further limitation is that the findings only relate to short-term impact, during the 10–12 weeks of the programme, and it is not known whether changes are sustained. Efforts are underway to improve this; as with other like services, collection of longer term outcome data is problematic [30]. It should also be noted that the results were self-reported, and that participants may have overstated improvements in their healthy eating and physical activity. Moreover, the data collection tools that were used for the courses described in this evaluation were developed specifically for this programme. Since this evaluation the programme has started to use such questionnaires.

Chapter 7 : Fitness Foundation – One Body, One Life, One Chance

One body one life. likes. Started my weight loss journey over pounds lost 65 pounds in 6 months, with over clients. Are you interested in.

Chapter 8 : Programmes available | One Body One Life | Coventry City Council

The One Body One Life Pyramid is a model of functional health, a combination of the three constituent areas of Framework, Fuel and Feel. These three elements lead towards the picture of your overall Function.

Chapter 9 : Home - One Body One Life

One Body, One Life® (E-book) Greg's best selling book is now available to you now as an e-book! Twenty years of results and pages filled with inspiration, education, nutrition, and exercise.