



The Program: 21 Days to a Stronger, Slimmer, Sexier You

Jessie Pavelka

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The Program: 21 Days to a Stronger, Slimmer, Sexier You Jessie Pavelka **Simple Changes = Powerful Results in Only 21 Days!**

For more than 10 years--most recently as the newest trainer on the hit television show *The Biggest Loser* and now inspiring its huge online community--fitness expert Jessie Pavelka gets results by keeping it simple. Pavelka knows health is all about living well, so he makes it easy to get with the program!

For the first time, *The Program* brings together Pavelka's most effective tips, techniques, and no-fail workouts in book form. "Challenge yourself," Pavelka says. "Simply commit to making one change every day." *The Program* is organized by Pavelka's four pillars and his belief that making small changes in these areas leads to amazing benefits. These are:

- **EAT:** More than 60 simple recipes that have a ratio of lean protein, good carbohydrates, and healthy fat will reshape readers' relationship with their grocery list.
- **SWEAT:** More than 100 workouts are illustrated to inspire novices and experts alike, and the variety Pavelka provides will keep readers engaged.
- **THINK:** Wellbeing begins with positive thoughts--Pavelka's mindful practices are a refreshing blend of affirmation, relaxation, and focus.
- **CONNECT:** Pavelka provides tips on how to cultivate a support network that will keep you with The Program.

Based on years of experience and successful coaching of thousands of clients on television and off, Pavelka's *The Program* will help you harness your individual power while losing weight, getting healthy, and enjoying life.

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Jack Bell:

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