

Jet Set Go! Beach Body Fit Series



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Jet Set Go! Beach Body Fit Series Description: All right, welcome everybody. My name is Noel Lyons, and this is another Jet Set Go Beach Body FIT series! Today Im delighted to be speaking with Penny Hunking. Penny is a registered dietitian and a member of the British Dietetic Association, the nutrition society, nutritionist in the industry, and dietitians in sports and exercise nutrition. From fueling fitness for sports performance to healthy eating and fat loss, Penny Hunking has written, researched, and talked to consumers and professionals about virtually every aspect of diet, weight management, and exercise. And Much Much More! Submitted On: 22 Feb 2009 File Size: 223.79 Kb File Version: Personal Use Only

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