

The Ultimate Guide To Training Overweight And Obese Clients - , Kristina Mamrot

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Help your clients in as little as 15 minutes with these psychologists' proven strategies. International authors, key note speakers, psychologists, and weight loss experts Kate Swann and Kristina Mamrot share their breakthrough training and weight management secrets. These leading psychologists reveal to fitness professionals the secret to training overweight and obese clients for permanent weight loss results. This book is full of practical and easy to follow advice that will revolutionise your understanding and treatment of this challenging client group. In this ground-breaking book you'll discover:*

- * A step-by-step plan to working with overweight clients*
- * How to double your client numbers and income*
- * The essential guide to trainer survival - self-care and avoiding burnout*
- * How to avoid costly mistakes, high client dropout, and low success rates*
- * The secret to keeping overweight clients on track and motivated*
- * How to build your business through word-of-mouth referrals*
- * Inspirational stories from real people who have lost weight and kept it off

Revolutionise your training skills today! Author: Swann, Kate Author: Mamrot, Kristina Publisher: Kate Swann and Kristina Mamrot Illustration: N Language: ENG Title: The Ultimate Guide to Training Overweight and Obese Clients Pages: 00334 (Encrypted EPUB) On Sale: 2012-12-01 SKU-13/ISBN: 9781922118097 Category: Health & Fitness : Weight Loss

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