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JOANNA HALL'S WALKACTIVE PROGRAMME: THE SIMPLE YET REVOLUTIONARY WAY TO TRANSFORM YOUR BODY, FOR LIFE



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Joanna Hall's Walkactive Programme: The Simple Yet Revolutionary Way to Transform Your Body, for Life, Joanna Hall, Lucy Atkins, TO HELP YOU GET STARTED, JOANNA HALL'S WALKACTIVE PROGRAMME NOW INCLUDES A FREE AUDIO COACHING SESSION TO DOWNLOAD Joanna Hall's Walkactive Programme has been scientifically verified to: enhance posture; promote weight loss; reduce joint stress and improve body shape (South Bank Sports Performance Laboratory) As an exercise physiologist, Joanna Hall knows...

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- Authored by Joanna Hall, Lucy Atkins
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