



Slim & Smart Body - A Fitness Programme For Men & Women

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Obesity is today a worldwide phenomenon with people using variety of gadgets and gizmos, ensuring that we do not have to move a muscle to operate except using a remote button! In fact, the burgeoning incidences of diseases, and premature deaths have meant a rising awareness about the benefits of exercise.

With most exercise regimens making adherents huff and puff, people usually fall by the wayside before the benefits are noticeable. But relax! This book does not expect you to cross the pain barrier. Instead, the focus is on a practical, pleasant and do-able exercise regimen where you tailor each programme to suit your individual requirements.

In essence, this book will ensure that exercise is no longer a word you dread, but something you look forward to. The myriad benefits will thereafter flow of their own accord. And a fit, active, healthy life will be your ultimate reward.

About the Author:

An author of five books, Barun Roy is a post-graduate diploma holder in Computer-aided Designing and a double graduate in Aeronautical and Computer Engineering.

Born in Darjeeling, Roy did his schooling in the same town and thereafter went to Chennai for higher studies. In 1998, he won the Super Intellectual Award for his paper titled, Aerospace - the Future Lies Beyond. In 1999, the Management Studies Promotion Institute, New Delhi declared him the Outstanding Personality of the Year 1998. In the same year, he was nominated for the Distinguished Leadership Award by the American Biographical Institute, North Carolina, USA.

A power-lifter and body-builder, Roy is a bona fide member of the Darjeeling Divisional Body-building Association, recognised by the Indian Body-building Federation, Chennai.

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