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Diet, Strength, And Health By Loren W Christensen,
Wim Demeere**



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“I'm constantly in the gym because I enjoy being a martial artist,” Frank Mir says. The body was designed through evolution to pull, push and lift things. you see — heart problems, liver problems, weight problems and diabetes— [come from] not eating healthy,” he says. His solution was to leap into the lion's den.

With 'ufc fit,' diet guru to martial artists says he's fighting to help

Diet guru Mike Dolce is known for helping fighters make weight, but he With 'UFC Fit,' diet guru to martial artists says he's fighting to help public lose pounds got into shape, what they eat and how they lose weight in a healthy way. of how to get that UFC body and how to get the UFC lifestyle,” he said.

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The Fighter's Body: The Martial Artist's Solution to Diet, Strength, and Health YMAA Publication Center, Oct 15, 2016 - Health & Fitness - 272 pages.

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