



# Your Beautiful Body: Using Pilates to Overcome Weight Loss Obstacles

*Larisa Bernick*

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# Your Beautiful Body: Using Pilates to Overcome Weight Loss Obstacles

*Lariesa Bernick*

## **Your Beautiful Body: Using Pilates to Overcome Weight Loss Obstacles** Lariesa Bernick

Get results now! Your Beautiful Body will show you how to finally lose weight, overcome common obstacles, and get the toned and fit body you've always wanted. Certified Personal Trainer and Pilates Instructor Lariesa Bernick shows you simple and effective exercises that you can do in the comfort of your own home. If you've struggled in your journey to become healthy and fit, this is the book for you. -Improve your posture, muscle tone, core strength, and flexibility. -Quick & effective exercises that will fit into your busy schedule. Each exercise is illustrated and explained in detail. -Includes a complete section on using Pilates to recover from and eliminate back pain. -Healthy recipes and anti-aging tricks!

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