



## Fibromyalgia Fitness, 12 Weeks To A Healthier You!

*By Eric Suarez CPT.*

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**Fibromyalgia Fitness, 12 Weeks To A Healthier You!** By Eric Suarez CPT.

Fibromyalgia Fitness, 12 Weeks to a Healthier You is an eBook that walks you, step by step, through the exact exercise routines used to help sufferers reduce their pain, fatigue, and exhaustion.

You'll discover...

- A unique 12 week fitness plan that is guaranteed to boost your energy and mood
- 39 photo illustrations of simple exercises you can do in under 25 minutes
- Functional movements which improve your range of motion
- A meal by meal guide for all of your dietary needs
- Increased serotonin levels (energy)
- An exclusive interview with Renee Downing, a fibromyalgia sufferer, and owner of Rad Body personal training in California.

And best of all, you can complete the entire program from the comfort and privacy of your own home without any fitness equipment!

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##### **Johanna Land:**

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##### **Andy McNeil:**

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