



Get Off the Couch, Potato How to lose inches while watching Oprah. The Couch Potato Series, Volume 1

By Kathi Casey

Healthy Boomer Body Press. Paperback. Book Condition: New. Paperback. 72 pages. Dimensions: 8.4in. x 5.8in. x 0.7in. This is a powerful 30 day program of easy exercises which you can begin while lying on the couch watching TV. Perfect for everyone who has put off exercising due to lack of time or lack of enthusiasm and now has packed on the excess weight. Lose the extra pounds and gain your youthful vitality - all while having fun! Wellness expert Kathi Casey leads you through each day with enthusiasm, positive affirmations and good humor. Her exercises are easy and most can be done without taking extra time from your already jam-packed schedules. In a book destined to become a classic, Kathi Casey shows us how to take charge of our own Health and well-being - emerging energized and stronger in both body and mind. And Oh by the way, the book is printed with soy ink on certified recycled paper, good for you and good for the planet! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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