



The Man Plan

By James Toombs MD

Createspace, United States, 2012. Paperback. Book Condition: New. 213 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.I made it to age 40 without a concrete plan on how to stay fit and I am a doctor. Like most American men, I had chosen a fat, sedentary lifestyle, one that universally rewards males with bellies, boobs, diabetes and erectile dysfunction. Residency and fellowship had taken their toll. With weight ballooning and fitness plummeting, I was headed down this path. Then the world turned. In February 2004, I received a call from the Army. The message was simple: Once I finished fellowship in September, I would be headed to Iraq as a field surgeon. Professionally, I was prepared. Physically, I was a marshmallow. With deployment looming, I needed to get back in shape. In 2004, Iraq was still a shooting war and doctors were expected to move out with the troops. The advance warning gave me six months to lose my ample belly. Easy I thought I ll just start working out again and promptly made every beginner s mistakes. I overestimated the caloric value of jogging and weightlifting and underestimated the impact of my eating...



[READ ONLINE](#)
[8.26 MB]

Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

-- Mr. Grant Stanton PhD

A whole new eBook with an all new standpoint. It is actually rally fascinating throug reading through time period. You wont truly feel monotony at anytime of your own time (that's what catalogues are for relating to when you request me).

-- Claire Bartell