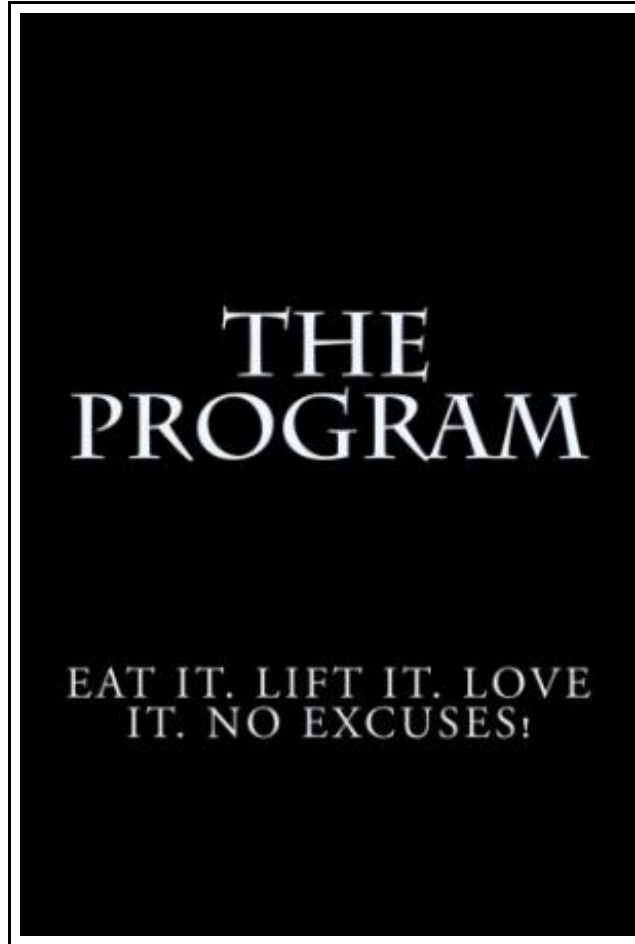


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 56 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. How The Program was created: THE PROGRAM was originally developed by Stephen Ross after completing his Bachelors degree in Exercise Physiology, Minor in Nutrition and NSCA Personal Trainer Certification. He used the combination of exercise and nutrition to gain effective and lasting results for his clients and himself. Years later we have altered and incorporated it into our present lives. Stephen now works as a Flight Paramedic, on 24 hour shifts, and I, Ashley, as a Nurse, with random hours. Did I mention we also have a toddler. After giving birth to our daughter my body changed drastically. I developed a gluten intolerance and an under active thyroid, which lowered my metabolism. I was not bouncing back into my pre-baby body like everyone said I would. I breastfed for a full year and didnt loose 1 single pound. I needed to make a change. Knowing my husbands background I asked him to train me and to teach me what I needed to do in order to get back into shape. We developed an exercise and nutrition program that would work with our crazy schedule while catering to my new gluten free needs. The results were amazing. In 3 months I was in better shape than I was before I was pregnant. I could see the fronts of my hip bones again, my waistline returned and my butt even started to perk up. From then on we began constantly coaching each other. When we are out of the house with comments like, Thats not on The Program people around us eventually started asking questions. What was this program we were on and what were we doing to get these great results So...



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