

Sing Stretch Shape Up

Carley McBride, Kate Lefler

Sing Stretch Shape Up:

Shape Up Sisters! Linda Fondren, 2014-05-06 Linda Fondren one of 11 children born to a single mother in the poorest and fattest state in America watched the consequences of obesity ruin her sister s life and was motivated to open an all female gym in her hometown of Vicksburg MS with the motto positively reshaping women Then witnessing how many middle and low income Vicksburg residents were brought up short in their fitness and health efforts by limited budgets time and access to resources Fondren responded by striking at the root problem In 2009 she spearheaded Shape Up Vicksburg a City Hall supported program in which she convinced the local hospital to offer free health screenings restaurants to create healthy low cal menu options and Walmart to host weigh in stations Fondren signed up more than 2 500 Vicksburg residents to take charge of their health and nutrition many of them for the first time They lost more than 15 000 pounds Shape Up Sisters is a get healthy prescription for regular people with jobs budgets and real life challenges Fondren offers tactics to incorporate exercise into daily activities delicious recipes and menus to for eating healthfully on a budget and motivation for a major attitude shift She wraps it all in her empowering personal story and the uplifting tales of women who have changed their lives by following her simple strategies With Fondren's approachable personality and practical advice Shape Up Sisters is both an easy to use guide and a bold statement in the greater national narrative about improving health and weight loss **Senior Shape-up** Carley McBride, Kate Lefler, 1986 across socioeconomic lines School Music .1910 Bowker's Complete Video Directory, 2000 **Find Your Voice - The No. 1 Singing Tutor** Jo Thompson, 2014-11-17 Drawing on over 25 years of teaching experience acclaimed vocal coach to Thompson has written the ultimate guide to singing Whether you are an accomplished singer or a complete beginner Jo can help you to improve your singing through a combination of simple exercises straightforward advice and practical hints back cover Variety's Complete Home Video Directory ,1988 The Oxford Handbook of Singing Graham Welch, David Howard, John Nix, 2019-04-04 Singing has been a characteristic behaviour of humanity across several millennia Chorus America 2009 estimated that 42 6 million adults and children regularly sing in one of 270 000 choruses in the US representing more than 1 5 households Similarly recent European based data suggest that more than 37 million adults take part in group singing The Oxford Handbook of Singing is a landmark text on this topic It is a comprehensive resource for anyone who wishes to know more about the pluralistic nature of singing In part the narrative adopts a lifespan approach pre cradle to senescence to illustrate that singing is a commonplace behaviour which is an essential characteristic of our humanity In the overall design of the Handbook the chapter contents have been clustered into eight main sections embracing fifty three chapters by seventy two authors drawn from across the world with each chapter illustrating and illuminating a particular aspect of singing Offering a multi disciplinary perspective embracing the arts and humanities physical social and clinical sciences the book will be valuable for a broad audience within those fields

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