

# Total Fitness In Thirty Minutes A Week By LEONARD GROSS' 'LAURENCE E. MOREHOUSE

By LEONARD GROSS' 'LAURENCE E. MOREHOUSE

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Laurence E. Morehouse (Author of Total Fitness in 30 Minutes Total Fitness in 30 Minutes a Week : Total Fitness in 30 Minutes a Week by Leonard Gross, Laurence E

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The most important thing is portion control. Your body can ingest and metabolize a certain amount of food per unit of time, and if you eat more than it needs it will

## **Laurence E. Morehouse (Author of Total Fitness In -**

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