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## The Game on! Diet: Kick Your Friend's Butt While Shrinking Your Own

By Aaron Ferguson, Krista Vernoff

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Game on! Diet: Kick Your Friend's Butt While Shrinking Your Own, Aaron Ferguson, Krista Vernoff, This is not a diet. You won't find any fads, extremes or new science for weight loss here. Instead, it is a combination of the healthiest, smartest, most successful science for health and fitness with the most fun, fierce competitive game imaginable. This new approach described in "The Game On! Diet" was invented by Aaron Ferguson, who was Body For Life's million dollar prize winner, to help Krista Vernoff, Head Writer for Grey's Anatomy, lose her pregnancy weight. Aaron knew that to truly motivate the busy Krista to workout when she had all the excuses in the world not to, he would have to turn it all into a game - and that's what he did. Putting together two teams of three players - all friends who were struggling with unwanted pounds and a lack of motivation - Aaron put the plan in motion. There are points gained for healthy meals, points lost for unhealthy meals, points gained and lost for water consumption and exercise as well as the integration of new good habits (i.e....



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