

Louise Parker The 6 Week Programme

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Louise Parker The 6 Week

Louise Parker's 6-Week Programme is a guided, motivational programme for transforming your body and enjoying the results for life. Week by week, you'll follow each of the four pillars of Louise's Method: eat beautifully, live well, think successfully and work out intelligently.

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Louise Parker: The 6 Week Programme (English. 'Louise Parker's programmes have helped Oscar-nominated film stars, royals and other movers and shakers.' – Mail on Sunday 'Louise Parker has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.'

Louise Parker: The 6 Week Programme (English | Fórmula ...

The 6 Week Programme is not only about working out intelligently. It also focusses on eating beautifully, thinking successfully and living well. Included are 3 workout routines, each one starting and ending with the same warm up and cool down. The book encourages you to do each routine 4 times, in one week.

The 6 Week Programme, Louise Parker - Lavender and Lime

- Louise Parker, bestselling author of The Louise Parker Method and Lean for Life: The Cookbook Louise Parker's 6-Week Programme is a guided, motivational programme for transforming your body and enjoying the results for life.

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LOUISE PARKER: THE 6 WEEK PROGRAMME. Louise Parker's newest book is a guided, motivational 6-week programme for transforming your body and enjoying the results for life. Week by week, you'll follow each of the four pillars of Louise's Method to achieve your goals

About The Louise Parker Method | 4-Pillar Approach to ...

Louise Parker is a sustainable weight loss expert and author of the 'Louise Parker Method' and 'Lean For Life'. Her company, Louise Parker, runs lifestyle, wellness and weight loss programmes globally from their London clinics in South Kensington and within The Wellness Clinic at Harrods.

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Louise Parker Limited cannot guarantee specific weight loss results or outcomes for any client as a result of our programmes or methodology. If you have any questions regarding this or the any of the information / data we use to demonstrate the effectiveness of our services, please contact info@louiseparker.com and we will be happy to help.

Louise Parker

Personal trainer Louise Parker is the secret weapon of Hollywood stars, international sportsmen and even royalty. To train personally with her team costs £4,500 for six weeks, to train with Louise...

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Louise Parker's 6-Week Programme is a guided, motivational programme for transforming your body and enjoying the results for life. Week by week, you'll follow each of the four pillars of Louise's Method: eat

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beautifully, live well, think successfully and work out intelligently.

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The first phase, of six weeks, means eating according to the Louise Parker lower-carbohydrate, portion-controlled way of eating. It also starts you moving daily, and making – equally important, according to Parker – lifestyle changes. The idea is, you take the Louise Parker principles and make them your own, so you can live like this forever.

How to do the Louise Parker method | Nutrition | Food

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