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The Medical Fitness Impact Plan: How To Reverse Chronic Disease & Degeneration While Building Your Bottom Line



Synopsis

The future of healthcare using medical fitness as a solution to the obesity crisis.

Book Information

File Size: 3142 KB

Print Length: 131 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 11, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01N4R74Z0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #604,229 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #51

in Kindle Books > Health, Fitness & Dieting > Alternative Medicine > Reference #121 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #247 in Kindle Store > Kindle eBooks > Business & Money > Technology > Innovation

Customer Reviews

A real and practical solution to helping the growing obesity epidemic. As a fitness entrepreneur, I love the integrative medical approach to fitness that is sure to make a positive impact on the entire industry.

I have this book in front of me right now in paperback form. It is not only a great plan for how to be a beacon for the medical establishment in creating a more effective Healthcare model, it is also a great story of a real company starting off in just a tiny room and going to 28,000 square feet, being extremely successful and having Mastermind summits. It's a very personal account of the journey. Well worth the read.

Great book that takes fitness and views it very holistically within your life. There are quite a few

before and afters showing how well this program works for many different types of people. Definitely a read for anyone looking to lose weight, but also for medical and fitness professionals looking for a system to help their own patients/clients.

Author has lived this and knows what he is talking about.

This is a great read from an expert in the field. This book drives home the importance of a lifestyle fitness plan. I've been looking for the right resource to help guide me to take my health and well-being into my own hands and this is it! Thank you!!

J.R. Burgess, Principal at Medfit, provides a ton of value when integrating Fitness and Regenerative Ortho into any medical model. I went to their facility in St. Cloud MN and it's top notch!

JR's knowledge and leading edge technology is impressive! I don't know of anyone else who is already doing the things he is doing! he is ahead of the curve

Best book out there, couldn't be happier with the information I received and am able to implement.

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