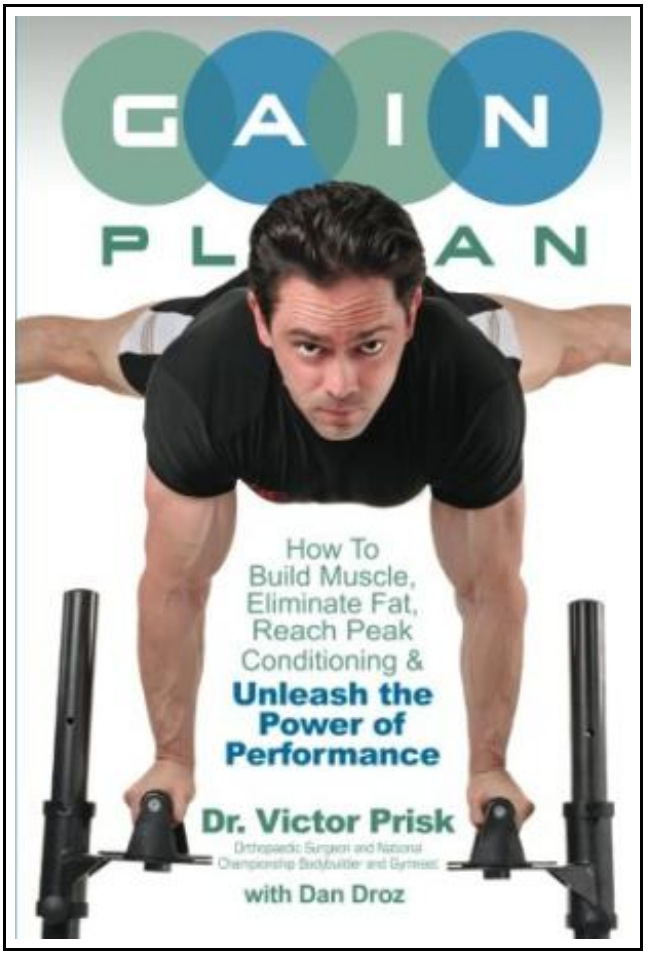
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Vrp Publishing, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Prisk G.A.I.N. Plan is designed to provide a guide to living an active and healthy life by applying a few simple, yet powerful principles to help define and achieve individualized health and fitness goals. Developed by orthopedic surgeon and sports medicine specialist Dr. Victor Prisk, who, prior to his medical career, was a national champion gymnast, body builder and swing dancer, it is based on over 25 years of research and application. It is based not only on setting goals, but setting the right goals at the right time, based on your own aspirations, age and lifestyle. Unlike other popular diet or fitness programs, it is not a single program to be religiously implemented for a specific outcome such as weight loss or sports performance, but rather, a multi-dimension program that can be tailored to individual needs and phased into reasonably obtainable objectives.

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