

**The Happy Body: The Simple Science Of
Nutrition, Exercise, And Relaxation
By Aniela Gregorek;Jerzy Gregorek**

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The Happy Body Exercise Poster. A quick reference to The Happy Body exercises and sequences for the first, second, and third week, as well as tables with percentages

Jerzy Gregorek on mindbodygreen -

Aniela and Jerzy Gregorek are world weightlifting champions and The Simple Science of Nutrition, Exercise, and Relaxation, The Happy Body Exercise

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References in Press in Snatch - Journal of -

Gregorek and Gregorek, 2009 Gregorek, Aniela, Gregorek, Jerzy. The Happy Body: the Simple Science of Nutrition, Exercise, and Relaxation. Jurania Press, Woodside;