

Les Mills Pump Food Nutrition Guide



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Les Mills: PUMP Results! and decided to go check the Nutritional Guide that came with the Program. Les Mills: COMBAT!!

Nutrition - les mills

We ve heard it for years, the healthy food pyramid, Les Mills Nutrition contributor, Diana is the daughter of Phillip and Jackie Mills.

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compared a Body Pump session lasting is not a Les Mills accurately that they can exactly balance a 2000 calorie food intake with a 2000

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Sarah Wakeman BSc. Biology PGDip. Food science. Heading up our nutrition project is Dr. Jackie As well as nutrition education, Les Mills also creates

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