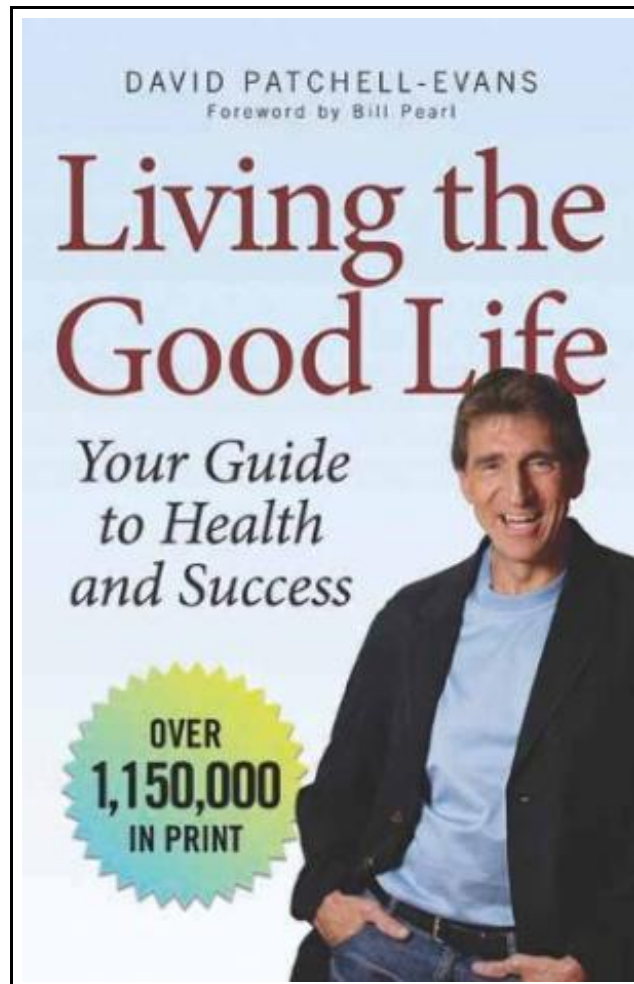


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Paperback. Book Condition: New. Ships From Canada. About the Author David Patchell-Evans is the founder and CEO of GoodLife Fitness Clubs, Canada's largest and fastest-growing fitness empire. Patchell-Evans, or ""Patch, "" as everyone calls him, is a five-time Canadian rowing champion and an active rower, runner, and skier today. Two weeks into his first year in university he was involved in a serious motorcycle accident. A lengthy and arduous period of rehabilitation at a sports clinic sparked his interest in sports and exercise, and he went on to combine courses in physical fitness and business, and to found his business empire. In this sane approach to health and exercise, Patch recounts his own personal story and gives balanced and inspiring tips on exercise, diet, and life.



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