
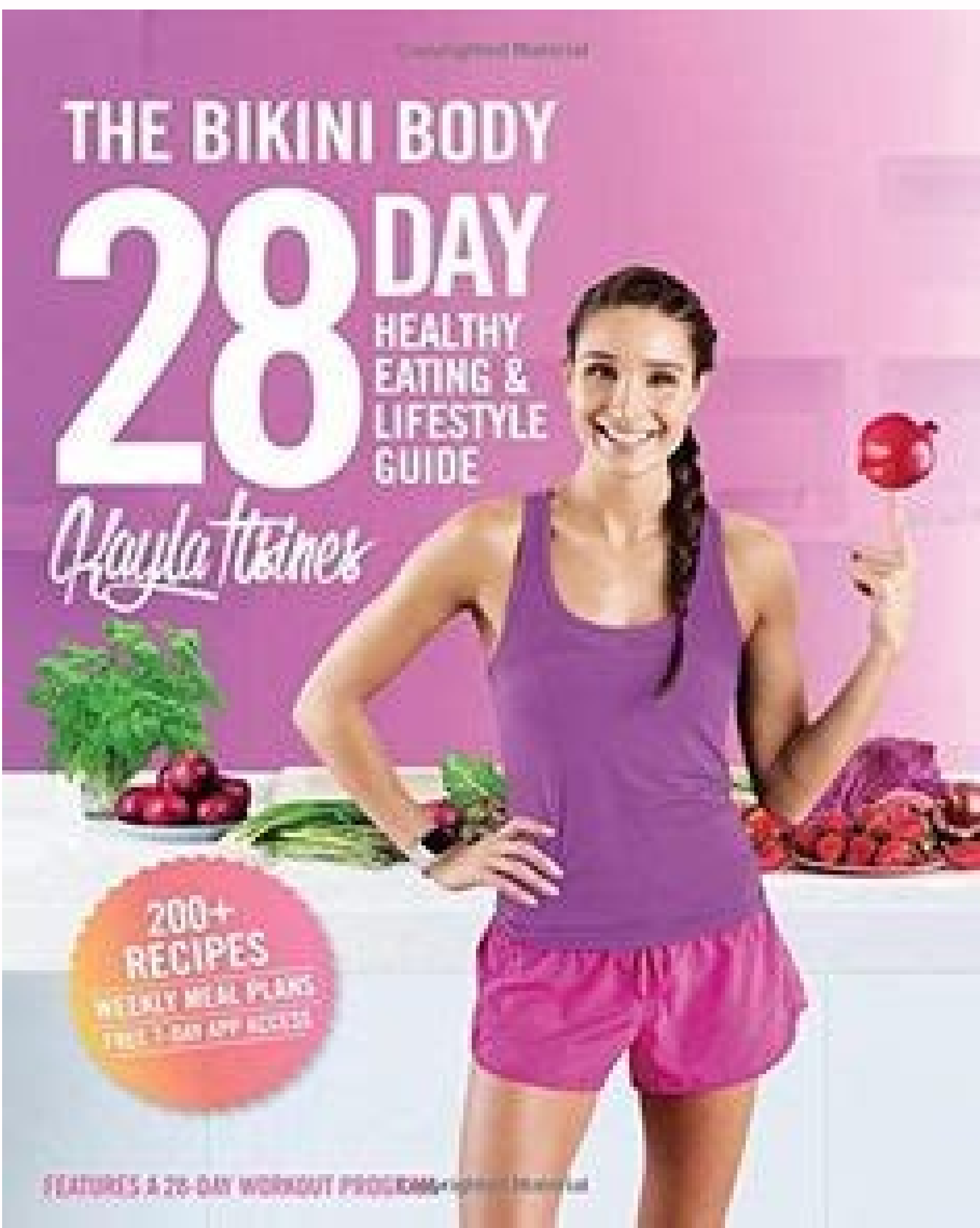
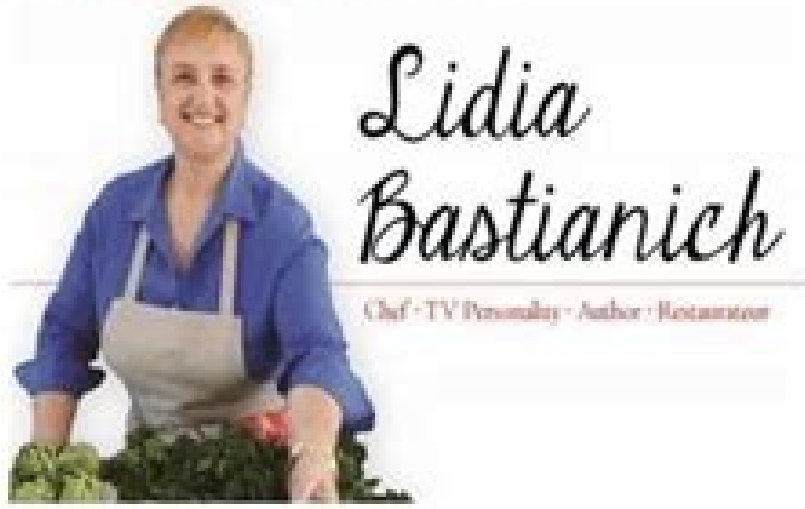


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LIDIA BASTIANICH - A Conversation with Lidia: Food, Family, and Italian Culture



Lidia Bastianich

Chef · TV Personality · Author · Restaurateur

LOCATION:

Music Recital Hall

SEATING OPTIONS:

General Admission

\$0

SHOW DATES:

Tue, 03/07/2017 - 7:30pm

GET TICKETS

or its affiliates (Fans include the actress Allison Williams and the model Candice Swanepoel).” The New York Times Kayla’s international 2016 Sweat Tour sold out in only 4 hours! Retail partnersBig WBooktopiaApple BooksMillions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Kayla makes exercising and healthy eating achievable and fun. Kayla’s audience is avid and growing, with over 10 million followers worldwide.The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features:- 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-Week workout plan which includes Kayla’s signature 28-Minute workouts - Full color food shots and photos featuring Kayla throughout”Women, particularly those younger than 30, can’t get enough of her. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is full of Kayla’s meal plans, recipes, and motivating information to help you live a healthy and balanced lifestyle. Kayla’s audience is avid and growing, with over 10 million followers worldwide.The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features:- 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads- A 4-Week workout plan which includes Kayla’s signature 28-Minute workouts- Full color food shots and photos featuring Kayla throughout ”Women, particularly those younger than 30, can’t get enough of her. Inside, you’ll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they’ve made her Sweat with Kayla app hit the top of the Apple App Store’s health and fitness charts, and they post amazing before and after progress shots. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. She lives with her partner Tobi Pearce in Adelaide, Australia. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick.’ © 1996-2014, Amazon.com, Inc. Kayla was recently named the world’s number one fitness influencer by Forbes Magazine. About The Author KAYLA ITSINES is a personal trainer and global fitness phenomenon. Prices, promotions, styles and availability may vary by store & online. or its affiliates Jump to ratings and reviewsThe body transformation phenomenon and #1 Instagram sensation’s first healthy eating and lifestyle book!Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. See our price match guarantee. Book Synopsis Kayla Itsines Bikini Body Guide 28-minute workouts are energetic, high-intensity, plyometric training sessions that help women achieve healthy, strong bodies. Dimensions (Overall): 10.3 Inches (H) x 8.6 Inches (W) x 1.5 Inches (D)Suggested Age: 22 Years and UpSub-Genre: Health + Daily Living / GeneralStreet Date: December 27, 2016TCIN: 51757199UPC: 9781250121479Item Number (DPCI): 059-01-1971Origin: Made in the USA About the Book The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines. a store is chosen for you. Itsines’ Sweat with Kayla app is the best selling fitness app in the world for a reason. (Fans include the actress Allison Williams and the model Candice Swanepoel).” The New York TimesKayla’s international 2016 Sweat Tour sold out in only 4 hours! Use the power of motivation and good habits to become fitter, healthier and stronger, for life!Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world’s number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. She has created the world’s largest and most supportive online female fitness community, the successful BBG and BBG Stronger Workout and Eating Guides, all hosted in the renowned womens fitness app, Sweat. © 1996-2014, Amazon.com, Inc. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - Kayla’s advice for a nutritious and sustainable diet- Over 200 recipes such as: Berry-Nana Smoothie BowlStrawberries, Ricotta & Nutella Drizzle on ToastPeachy Keen SmoothieSuper Green Baked EggsFruit Salad with Chia Seed DressingQuinoa & Roast Vegetable SaladMoroccan Chicken SaladAsian Noodle SaladStuffed Sweet PotatoChicken PaellaPad Thai with ChickenZucchini Pasta Bolognese - 7-Day access to the Sweat with Kayla app- A 28-Day workout plan that has all the moves to accompany Kayla’s meal plan The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals. If the item details above aren’t accurate or complete, we want to know about it.

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