



# Dieta dos Famosos (Portuguese Edition)

*Iva Oliveira*

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## **Dieta dos Famosos (Portuguese Edition) Iva Oliveira**

Ser celebridade não é fácil. A vida pública e a exposição contínua implicam em várias exigências, uma delas é com a saúde e a boa forma. Iva Oliveira apresenta nove celebridades e suas dietas, este e-book mostra que partir para uma vida saudável não é algo que se faz da noite para o dia. É indispensável a consciência da necessidade de uma dieta responsável de um profissional - aliada à prática de exercícios. Adriane Galisteu, Amanda Lee, Britto Júnior, Bruno Gagliasso, Carmo Dalla Vecchia, Claudia Leitte, Denílson, Sabrina Sato e Wellington Muniz, o ceará do Pânico, são os nomes presentes

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