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Las recetas de @saschafitness Barboza, Sascha, 2014-07-25 Miles de seguidores en las redes sociales Twitter e Instagram las han probado y cada día piden más Editorial Planeta lo ha hecho realidad Las recetas de SaschaFitness llegan en formato libro para el público general Si la disciplina de comer saludablemente llegara a desgastar las ideas y la creatividad Sascha Barboza entrenadora personal de fitness ganadora del National Physique Committee 2013 ofrece soluciones saludables prácticas y deliciosas Este libro recopila las opciones más exitosas que circulan en las redes y algunas nuevas propuestas El lector no sólo encontrará recetas para desayunos meriendas platos fuertes y postres sino también información sobre las propiedades de los alimentos y el funcionamiento de nuestro cuerpo Somos lo que comemos Entonces no lo dejemos a la improvisación Toma lápiz y papel y diseña tu menú Tu cuerpo lo agradecerá Las recetas de @sascha fitness Sascha Barboza, 2013 Las recetas de Sascha Fitness Sascha Barboza, 2024-09-01 Recetas originales deliciosas y saludables de la gur latinoamericana del fitness Nunca antes había sido tan fácil y delicioso llevar un estilo de vida saludable como con esta práctica guía La primera edición de Las recetas de Sascha Fitness se publicó hace 10 años y desde entonces se ha convertido en un clásico de la nutrición Para conmemorar esta fecha Sascha trae a sus seguidores esta edición renovada con 30 % más de recetas que el libro original En estas páginas el lector encontrará recetas de desayunos sopas acompañamientos proteínicos ensaladas postres y bebida que demuestran que comer rico variado y saludable sí es posible También información sobre la alimentación el ejercicio y cómo mejorar el potencial para quemar grasa y aumentar la masa muscular aspectos determinantes para un cuerpo sano y en forma No esperes más llegar el momento de vivir de forma saludable y equilibrada pero disfrutando de cada momento de la vida Tu cuerpo y tu mente te lo agradecerán Las Recetas de @Saschafitness (Nueva Edición) Sascha Barboza, 2024-03-26 Recetas originales deliciosas y saludables de la gur latinoamericana del fitness Nunca antes había sido tan fácil y delicioso llevar un estilo de vida saludable como con esta práctica guía La primera edición de Las recetas de Sascha Fitness se publicó hace 10 años y desde entonces se ha convertido en un clásico de la nutrición Para conmemorar esta fecha Sascha trae a sus seguidores esta edición renovada con 30 % más de recetas que el libro original En estas páginas el lector encontrará recetas de desayunos sopas acompañamientos proteínicos ensaladas postres y bebida que demuestran que comer rico variado y saludable sí es posible También información sobre la alimentación el ejercicio y cómo mejorar el potencial para quemar grasa y aumentar la masa muscular aspectos determinantes para un cuerpo sano y en forma No esperes más llegar el momento de vivir de forma saludable y equilibrada pero disfrutando de cada momento de la vida Tu cuerpo y tu mente te lo agradecerán ENGLISH DESCRIPTION Instagram's healthiest Latin American influencer spills the tea on all the special recipes she uses to stay fit in this updated edition of her longstanding bestseller The discipline of healthy eating joins hands with the art of making delicious food In this book Sascha Barboza personal trainer and the winner of the National Physique Committee healthy practical and scrumptious solutions to the never ending question of what to make for lunch This book

compiles Sascha's healthiest meal options some of which she has shared online and through the first iteration of this book. Readers will find recipes for breakfast lunch dinner and dessert as well as information on the nutrients that make up each meal and how each of them affects our body. Las recetas de @SaschaFitness Sascha Barboza, 2013 A personal fitness trainer and social media personality outlines nutritional and fitness principles for different body types and shares recipes for breakfast foods main and side dishes snacks and desserts. *Las recetas de Sascha Fitness: recetas originales, deliciosas y saludables de la especialista en fitness y nutrición más de moda en internet*, Aferrarse al mundo Marín Colorado, Paula Andrea, Valencia, Margarita, Agudelo Ochoa, Ana María, Guzmán Méndez, Diana Paola, Robledo Corredor, Ana Katherine, Castaño Gómez, Leidy Dayana, 2023-12-15 Los estudios sobre la relación entre los lectores sus libros y sus lecturas se concentran por lo general en el pasado remoto o en aquellos lectores sobresalientes en su medio intelectual. Por ello este texto emprende una exploración sobre lectoras y lectores habituales del presente y la relación con sus bibliotecas personales con sus libros y con la lectura. A través de este ejercicio las autoras buscan comprender prácticas lectoras y su relación con los libros como objetos materiales y culturales al mismo tiempo que construyen archivos que testimonien las trayectorias de algunos lectores habituales del presente en Bogotá y en Medellín. Este libro es un testimonio de lectoras y lectores de cómo llegaron a la práctica lectora de cómo ha sido su relación con la lectura y con el libro como objeto y de cómo la lectura ha transformado sus vidas. Más importante es el testimonio de cómo los libros han sido para ellas y ellos el ancla para aferrarse al mundo. *Percepción* Felipe Reinoso Carvalho, 2022-05-17 Cuáles son los límites de la percepción. Lo que percibes es lo que realmente existe. En qué punto convergen la realidad y la imaginación. Sabías que el cerebro procesa la información sensorial de forma conjunta de tal manera que lo que percibes por uno de tus sentidos puede afectar significativamente los procesos de los otros. Estas son algunas de las preguntas que vamos a indagar a través de los capítulos de este libro el cual no solo contiene información que te hará repensar la manera en la que percibes y sientes cada estímulo sino que te dará las herramientas necesarias para que a través de los sentidos puedas vivir experiencias fuera de este mundo o ni tanto. Las páginas de este libro abordadas desde la rigurosidad académica pero descritas con la sencillez del día a día serán de gran utilidad para todos aquellos curiosos del arte las ingenierías el marketing la medicina la psicología entre otros pues lleva la cotidianidad del gusto el tacto la visión el olfato y la audición a un nuevo nivel de comprensión. Entonces querido lector disfruta de este viaje a través de los sentidos y descubre la infinitud de posibilidades que nuestro cuerpo tiene para ofrecer. Los Secretos de Sascha Fitness Sascha Barboza, 2016-04-05 Con más de 150 mil libros vendidos en Venezuela Colombia Perú Ecuador España México Estados Unidos y Centroamérica regresa regresa SaschaFitness el fenómeno editorial. Este amplio manual anima a los lectores ya devotos comensales de sus consejos a llevar una vida fitness no solo para verse bien en el espejo sino para tener más salud autoestima y vitalidad. Entra a la cotidianidad de Sascha y conoce su cocina sus rutinas deportivas el ABC de los alimentos el correcto uso de los suplementos sus respuestas a las preguntas frecuentes que le hacen

en las redes sociales y la disciplina emocional que la acompaña para mantener hábitos saludable *Instagramming* Daniela Jaramillo Dent, Arantxa Vizcaíno Verdú, Patricia de Casas Moreno, Carmen Baldallo González, 2020-11-23 En la última década Instagram ha pasado de ser un mero repositorio de imágenes a una red social de amplio reconocimiento hasta convertirse en parte importante de las nuevas culturas digitales internacionales Las características propias de esta plataforma sus configuraciones prestaciones y funcionalidades han dado lugar a fenómenos mediáticos y digitales de gran interés En este sentido Instagram ha replanteado fenómenos digitales como la auto representación la influencia digital y el activismo en red por medio de una constante adecuación a las nuevas generaciones y necesidades de los usuarios Una de las claves de su éxito radica en la amplia disponibilidad de elementos comunicativos que fomentan la interacción y la creatividad adaptando formatos preexistentes en otras plataformas Estas características que cimientan la cultura del contenido generado por el usuario crean también un contexto donde se desarrollan usos problemáticos relacionados con las posibilidades de la plataforma para la manipulación de la información o la privacidad entre otros Este trabajo explora las singularidades de esta red de acuerdo con el modo en que se construyen y difunden temáticas propias del siglo XXI Desde un análisis de los temas que marcan tendencia en Instagram las autoras describen algunas de sus prácticas sociales cuyas implicaciones van más allá de la esfera digital Por la novedad de su temática *Instagramming* Temas típicos y tendencias es una obra emergente de interés para estudiantes académicos y profesionales de los medios de comunicación

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