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Apr 08, 2013 That s the bold view of Julius and Sharny Kieser, It's not fair that people who choose to eat healthy are now the ones being ridiculed.

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Renegade fitness experts Sharny and Julius shot to stardom when their first book, Never Diet Again was released to the public in June 2011. The book was an adaptation

Fitdad program: julius kieser on being a fit and

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Feb 03, 2014 'Fitmum' Sharny Kieser pregnant with baby number Kieser made headlines last year when she and husband Julius said most overweight people were "fat and

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How to eat junk food and lose weight? - yahoo7

Fitness experts Sharny and Julius Kieser say its possible to eat healthy 'junk food' at home and still lose weight. Find out more on their official site <http>

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Official site of sharny and julius

Healthy Junk Cookbook, Fitmum and 2015 Sharny and Julius.

Bikini mom proudly bares postnatal stretch marks -

Australian trainer and mom, Sharny Kieser, I had a lot of stretch marks; Sharny's husband, Julius,

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Julius kieser (author of fitlosophy 1)

Julius Kieser is the author of FITlosophy 1 (3.00 avg rating, 1 rating, 0 reviews, published 2012), Never Diet Again (0.0 avg rating, 0 ratings,

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Having a healthy body, mind & bottom line - sharny

Today we interview Sharny Kieser who, along with husband Julius, has authored 13 books on fitness including the worldwide bestsellers FITlosophy 1&2, Healthy Junk

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