

Online Library By Kathie Aka High Voltage Dolgin
Sugar Savvy Solution Kick Your Sugar Addiction
For Life And Get Healthy 1st First Edition
Hardcover

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By Kathie Aka High Voltage

Kathie Dolgin, aka High Voltage, has made it her life mission to teach healthy lifestyle and fitness principles, originally reserved for the rich and famous to children in under served neighborhoods.

Kathie Dolgin (aka High Voltage) - Founder - Energy Up ...

Kathie Dolgin aka 'High Voltage' is a health and wellness pioneer, best-selling author and TV personality, who has helped

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thousands of people get their energy up and their weight down. She has been featured on the TODAY Show, Good Morning America, CBS Morning Show, CNN, Extra, Entertainment Tonight, E! Network & More. High Voltage's illustrious career began in the late '70's as the [...]

Energy Up! | Who is High Voltage?Who is High Voltage ...

Kathie Dolgin (aka High Voltage) is a health and wellness pioneer, best-selling author and TV personality, who has helped thousands of people get their energy up and their weight down. High Voltage's illustrious career began in the late '70's as a trainer and creator of an empowering health and wellness lifestyle program followed by A-List clients such as Bette Midler, Beverly Johnson ...

Kathie (aka High Voltage) Dolgin | Official Publisher ...

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To get Fit, Fabulous, and Fierce. Sugar Savvy is the solution. Based on the groundbreaking "Energy Up" program created by Kathie Dolgin (aka High Voltage), proven in a 2007 Columbia University Medical Center study to help participants lose an average of 13 pounds, the Sugar Savvy solution is more than a diet.

Sugar Savvy Solution eBook by Kathie (aka High Voltage ...

Kathie Dolgin (aka High Voltage) speaks to media and the community from the steps of City Hall in NYC on June 11, 2012. High Voltage and the Energy Up! program support Bloomberg's proposed ban on ...

Energy Up! Kathie Dolgin (aka High Voltage) at City Hall in New York City

Kathie Dolgin (aka High Voltage) comments on the recent passing of the Sugar Ban in NYC. Thank you to Mayor Bloomberg

Energy Up! Kathie Dolgin (aka High Voltage) Comments on NYC Sugar Ban

That groundbreaking health and fitness pioneer, Kathie Dolgin, aka High Voltage (seen to your left), has spent 12 years spearheading a program, Energy Up, which helps school children become what she dubs "sugar savvy," In the segment, Voltage then displays how much sugar is contained in a bottle of soda, a granola bar and a milk shake.

Kids Get Sugar Savvy, Thanks to High Voltage (Kathie Dolgin)

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Sugar Savvy Solution: Kick Your Sugar Addiction for Life

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A beautiful woman in white from head to toe was doing the high kick with her students in the 8 a.m. chill. Had the joggers known that Kathie (Voltage) Dolgin is 65, they'd have stopped in their ...

Fitness coach Kathie Dolgin powers her high-energy, low

...

Best-selling author and fitness expert Kathie Howell "High Voltage" Dolgin returned to Lorain County as an encouragement

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to family members. High Voltage. January 11, 2017 · This is a
must read for all Sugar Savvy Sisters!!

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High Voltage, New York, New York. 5,020 likes · 1 talking about this. Helping you break your sugar addiction and build a foundation of health. Energy UP!

High Voltage - Home | Facebook

Posts about Kathie Dolgin written by highvoltageconnect. Just another WordPress.com site. Search. Whoo! About Energy Up; Tag Archives: Kathie Dolgin. High Voltage Inspiration Station: Self-esteem 1 Jul. I inspire you to use your inner energy and power to shine and beam. Take a moment to boost your self-esteem.

Kathie Dolgin | Whoo!

Voltage brings you inside the Energy Up! in-school program showcasing how moderation is the key to success by consuming no more than 24 grams of sugar in 24 hours. #sugarsavvy

Energy Up! | HomeHome - Energy Up!

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Sugar Savvy Solution: Kick Your Sugar Addiction for Life

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Founded in 2001 by celebrity trainer Kathy Dolgin (aka High Voltage), Energy Up! is dedicated to fighting obesity in inner-city schools and is the first school program medically proven to work

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