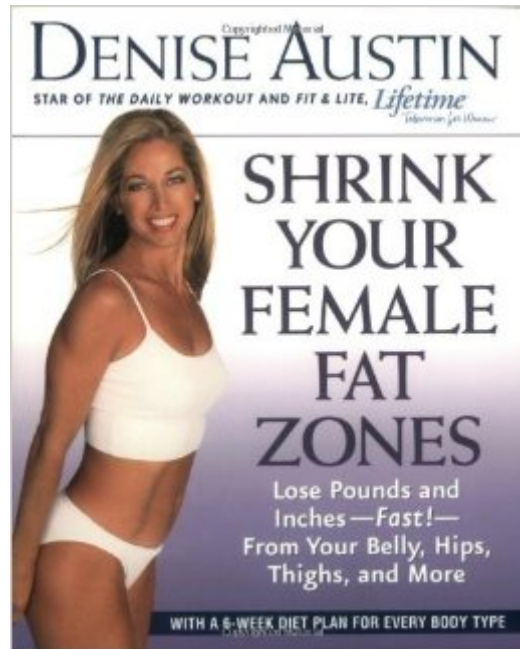


The book was found

Shrink Your Female Fat Zones: Lose Pounds And Inches--Fast!--From Your Belly, Hips, Thighs, And More



Synopsis

In as little as 10 minutes a day, you can ... Shrink Your Female Fat Zones! What's a female fat zone? Maybe it's that part of your body that popped out after you had a baby or dropped after you turned 40. It's that area you may try to hide in baggy shirts or pants, the spot where things bind or rub or just stick out the wrong way. If you have a fat zone, fitness and weight-loss expert Denise Austin has designed a program just for you. In just 6 weeks, you'll get the slimmer thighs, trimmer hips, and flatter belly that you've dreamed of. You'll lose up to 2 pounds a week, and wherever you used to pinch your share of inches, you'll be smaller, firmer, and more defined. Denise designed these targeted programs by zeroing in on the most effective diet and exercise tricks to shrink her own trouble spots. Now she's sharing her tips with you! As you learn Denise's secrets, you will:*

- * Remodel your body and rev up your metabolism in as little as 10 minutes a day*
- * Zip through fun, fast workouts that trim and tone trouble areas*
- * Savor 6 weeks of mouthwatering menu plans, developed by a top nutritionist*
- * Try dozens of Denise's favorite family recipes and quick cooking hints, with shopping lists that make prep time a snap*
- * Track your progress in a motivating, specialized journal*
- * Check out before and after photos of women who've seen amazing, rapid results

Say goodbye to your female fat zones-- forever!

Book Information

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Customer Reviews

This book features a comprehensive approach to fitness...cardio, strength training, stretching and healthful eating. Each body type has a slightly different recommendation, in order to target (with

toning exercises) particular problem areas. Denise's manner of writing is informative, friendly and encouraging. What I liked best: The cardio workout recommended is walking, which is nice because it can be done any time, anywhere. There are four walking workouts per week: an endurance walk, an interval walk, a walk with toning exercises incorporated and a combination interval/toning walk. Every two weeks the length of the walk is increased so that if you follow the schedule you will be walking 45 minutes/walk four times a week at the end of six weeks. There is a modified schedule for those who are quite out of shape, starting out. The fact that there is variety in the workouts makes it more interesting and less likely to result in a fitness plateau. There is a wonderful chapter on emotional eating. Basically, Denise's suggestion is to keep a "hunger" journal...noting down what time you eat, how hungry you were (on a scale of 1 to 5) and what the surrounding circumstances were. I have tried this myself and keep going back to it occasionally as a touchstone. I've found this a very helpful tool as far as modifying my habits. There are three eating plans along with suggestions for which would be most appropriate: a 1,400-calorie-a-day plan, a 1,600-calorie plan and an 1,800-calorie plan. Denise also has suggestions for modifying them. As one example, Denise explains why some women might find it most successful to alternate between the 1,400-calorie plan and the 1,600-calorie plan. The food on the included menus has lots of variety and is delicious.

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