



# **Fit Not Fat at 40-Plus: The Shape-Up Plan That Balances Your Hormones, Boosts Your Metabolism, and Fights Female Fat in Your Forties-And Beyond**

*Prevention Health Books for Women*

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"If I have to listen to one more 18-year-old in a leotard telling me to 'work it harder,' I'm going to scream!"

*Finally*, a fitness plan for *real* women!

Aerobo-bunnies got you down? In the high-impact world of extreme diet and fitness guides, those of us over 40 can sometimes seem left behind.

Well, no more. Finally, there's a weight-loss guide for real women.

*Fit Not Fat at 40-Plus* - by The Editors of Prevention Health Books for Women - is the only diet and fitness guide that has analyzed the complex roles of metabolism, hormone changes, physical challenges, and stress in women's post-40 weight gain, and devised a quick-start, easy follow-through plan for immediate results. You will ...

Never get bored again! Sample hundreds of exciting new exercises, 10-minute workouts, motivational secrets, and insider tricks, everything from how to remain sweat-free to how to look like a pro at your first African dance or yoga class.

Boost your metabolism around the clock! More than 100 step-by-step photos of easy-to-follow muscle-building exercises show you how to boost your calorie-burning power by 15 percent-- an extra 300 calories a day-- even when you're sleeping!

Banish pain and discomfort! Choose from more than 25 specific fitness prescriptions to help relieve everything from asthma and diabetes to osteoporosis and rheumatoid arthritis.

Blast cravings and eat all day! Build your 40-Plus Eating Plan around mouthwatering recipes, 14 days of interchangeable meal plans, and the only diet you'll ever need to lose weight, prevent disease, and manage your blood sugar, designed by a dietitian from the Joslin Diabetes Center of Harvard University.

Kick your feet up-- and lose even more weight! Learn why destressing is your new mandatory weight-loss strategy, and choose from 50 luxurious mini-escapes in the Relax and Recharge Plan-- because you deserve it!

In just 1 week, you'll be on your way to shedding pounds, years, and worries. Leave the sweating, injuries, and fad-diet frustrations to those aerobo-bunnies-- this plan's just for *Oyou*!

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Reading a guide tends to be new life style with this era globalization. With studying you can get a lot of information that may give you benefit in your life. Using book everyone in this world can share their idea. Guides can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or their experience. Not only the story that share in the ebooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors these days always try to improve their proficiency in writing, they also doing some study before they write to the book. One of them is this Fit Not Fat at 40-Plus: The Shape-Up Plan That Balances Your Hormones, Boosts Your Metabolism, and Fights Female Fat in Your Forties-And Beyond.

#### **Rodney Bell:**

In this era globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for you is Fit Not Fat at 40-Plus: The Shape-Up Plan That Balances Your Hormones, Boosts Your Metabolism, and Fights Female Fat in Your Forties-And Beyond this e-book consist a lot of the information with the condition of this world now. This particular book was represented how can the world has grown up. The language styles that writer require to explain it is easy to understand. The actual writer made some study when he makes this book. That's why this book suited all of you.

**Carolyn Lew:**

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