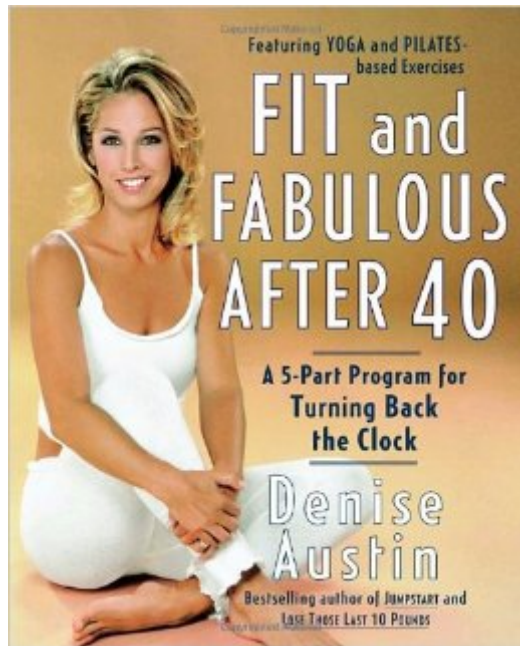


The book was found

Fit And Fabulous After 40: A 5-Part Program For Turning Back The Clock



Synopsis

America's favorite fitness expert presents a breakthrough program to win the war against aging—a battle she has personally fought and won. We all know that aging is inevitable—but how gracefully you age is up to you. Scientific research shows that we can turn back the clock through a targeted regimen of age-busting exercise and nutrition. Now, in *Fit and Fabulous After 40*, award-winning fitness expert Denise Austin presents her own revolutionary, sure-fire plan to help you stay healthy, strong, slim, and fabulous—no matter what your age! By exercising for just thirty minutes a day, using cutting-edge techniques such as yoga and Pilates-based exercises, and eating for maximum health and vitality, you can build strength, shed extra pounds, improve flexibility and balance, and look years younger. *Fit and Fabulous After 40* includes: Easy-to-follow workout plans for every day of the week Fat-blasting, toning exercises to target specific areas of the body Weekly nutrient-packed meal plans with delicious slimming recipes Denise's personal vitamin and supplement regimen Invaluable advice on common health concerns for women, such as menopause, breast cancer, and heart disease Special beauty tips—including anti-wrinkle exercises! Designed to fit even the most hectic schedules, and easily tailored to individual health concerns, *Fit and Fabulous After 40* offers a modern, realistic fountain of youth for every woman.

Book Information

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Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (37 customer reviews)

Best Sellers Rank: #500,033 in Books (See Top 100 in Books) #39 in Books > Health, Fitness &

Dieting > Aging > Exercise #144 in Books > Self-Help > Mid-Life #1346 in Books > Health,

Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Any woman over 40 will find much useful information in this book. Ms. Austin looks at how attention to exercise, nutrition, health, beauty, and attitude can make women feel and look better while actually being healthier and more energetic. Her writing style is positive and friendly, and she

addresses many important issues about women's health that I have not seen as well addressed in other books. The exercises are well illustrated, and even I could use most of the recipes. The book has two weaknesses that you should watch out for. Some of the exercises (especially the yoga) could cause you to hurt your back. The proposed diet, while a healthy one, is not as well suited for all blood types as Live Right 4 Your Type would recommend. The diet here seems to be pretty close to the ideal one for those with Type B blood. Unlike some authors who write about health and aging, Ms. Austin consulted experts to give you the latest information. She also adds her own experiences as a working mother of two. The practical advice for how to get more done in less time will be very welcome for busy women. By having a balance of exercise, a better diet, living a healthier lifestyle, using beauty restoratives, and maintaining a positive attitude, you should live longer, look better, and enjoy a healthier life. If you ignore the exercises that could strain your back and follow Live Right 4 Your Type for a diet that matches your blood type, this is clearly a five star book. If you have cardiovascular disease, your diet will have to go the low-fat route more than either book recommends (see Dean Ornish's Reversing Heart Disease). Having seen how much more specific the book could be by focusing on women over 40, I came away impressed that more health books should take such a more segmented approach.

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