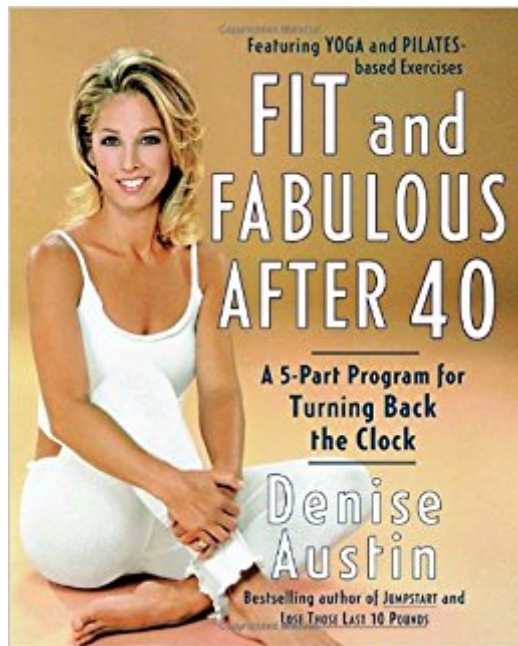




The book was found

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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Customer Reviews

Fitness celebrity and former gymnast Denise Austin always took care of her body. "In my 20s, however, I was more concerned with looking good in a bikini," she admits. "These days I'm focused on feeling good and staying healthy--and if I can still get away with wearing a bikini, that's a bonus!"

Writing at age 43, she reminds us that 40 certainly isn't the end of the road--in fact, we probably have another 40 years or more to look forward to. In *Fit and Fabulous After 40*, Austin shows us how to "turn back the clock" with exercise (aerobic, stretching, balance, and strength training), diet, health, beauty, and a positive outlook. She challenges us to set a weekly goal in each area for four weeks and provides sample programs in all areas. Photographs illustrate a good selection of strength-training, yoga, and Pilates-inspired exercises, and she provides a workout log to keep you on track. Her dietary suggestions emphasize a balance of 50 to 55 percent complex carbohydrates, 20 to 25 percent protein, and 25 percent fat, keeping portions moderate and including lots of fruits and vegetables. She describes 10 "nutritional powerhouses" that have been shown to have anti-aging benefits, such as soy, blueberries, oatmeal, and flaxseed, with tips for including more of these in your diet. She also describes 10 "age accelerators" that you'd be wise to avoid, such as breakfast "desserts," fatty meats, creamy salad dressings, and stick margarine. She includes dozens of helpful (and sometimes entertaining) tips, such as "Don't go [to a fast-food restaurant] when you're hungry--you'll order fries." A meal plan with sample recipes makes her suggestions easy to follow. Her health tips include 6 "body-sense strategies," 10 "must-have medical tests," breathing exercises, and instructions for how to do Kegels (exercises for the pelvic-floor muscles that help prevent incontinence and improve sexual response). She also offers skin, hair, and nail tips. If you think of Denise Austin as just a perky exercise leader, you'll be thoroughly impressed by the amount of helpful, sensible information in *Fit and Fabulous*. --Joan Price --This text refers to an out of print or unavailable edition of this title.

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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.

Covers a variety of areas including exercise, age related topics, diet, including a 7-day plan which includes super foods, beauty routines etc. Based on sound information that anyone can do or adapt to their needs. It is doable and sensible information. If you have medical issues that require special needs, your physicians recommendations can be accommodated within the plan.

Well written and easy to understand. I am so glad I purchased this. Denise Austin is truly a professional in the area of fitness. She is my most favorite of all the fitness experts. So encouraging and upbeat!

Helpful for ladies like me :)

Easy to use and follow

In great condition

I have always enjoyed products by Denise Austin and this one is just as good as her other items. She always gives practical advice and normal exercises that most of us can do. Plus she is a great example and lives up to her word.

this will keep you stretching and in good shape .if you are getting out of shape try this book plus it gives you something to read.

I think this book is fantastic. It has very realistic goals and outlooks. It would be beneficial to use in the way it is laid out. Denise encourages you to be your best and to take it one step at a time. She designed the book so you can set weekly goals for yourself in the five areas of attitude, beauty, health, nutrition, and exercise. I rarely buy books opting the check them out of the library, copy what i want/need and go on, but I purchased this book due to the simplicity and useability.

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