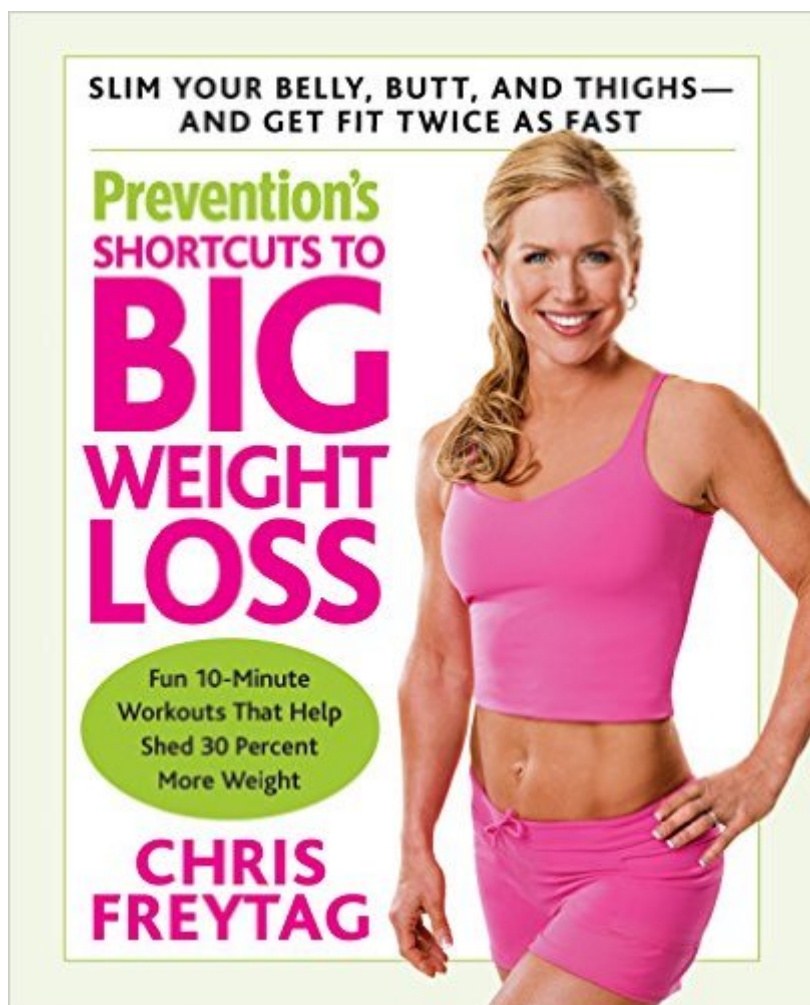


The book was found

Prevention's Shortcuts To Big Weight Loss:Â Slim Your Belly, Butt, And Thighs--And Get Fit Twice As Fast



Synopsis

Getting slim, fit, and toned often seems like a daunting challenge. That's why Prevention, America's leading health magazine, has developed proven shortcuts that work. Prevention contributing fitness editor Chris Freytag details how you can lose up to 30 percent more weight than you can with traditional 40-minute exercise programs. The secret is fun, fast 10-minute workouts that blast fat. In this book, you'll find:

- A dynamic plan for losing 25 pounds or more--without getting discouraged along the way
- A program to jump-start stalled weight loss and quickly shed those last stubborn 10 pounds
- Exercises tailored to build maximum lean muscle tissue to burn calories even when you're not working out

With Prevention magazine's super-effective program and Chris's motivating advice, you, too, can drop up to two dress sizes in just 8 weeks.

Book Information

File Size: 14539 KB

Print Length: 388 pages

Page Numbers Source ISBN: 159486540X

Publisher: Rodale; Trade Ed edition (December 26, 2007)

Publication Date: December 26, 2007

Sold by:Â Digital Services LLC

Language: English

ASIN: B001EHE2WK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,058,295 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #2418

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #4523

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

Customer Reviews

Over the past year I have lost weight and managed to maintain it. The only problem was I felt like I was a slave to an hour long workout session 5 days per week. This book changed my thinking!

Chris presents a way to think about exercise in 10 minute chunks. You can squeeze them in throughout the day instead of skipping workouts because you do not have the time. Her "plateau busting" workouts are worth the price of the book alone. She has many workouts that you can mix and rotate so that you do not get bored. And they are easy to follow, something I have not found with other books. And instead of having to be in a room by yourself doing a DVD, you can hang out with the family watching a TV show while you blast through the calories. Who knows? They may even follow your good example and join in. Mine did. Chris also gives good nutrition advice that helps you get on a healthy track. In summary, whether you are just starting a fitness program (in many ways this book is geared for those starting out) or a seasoned gym rat, this book has something to offer. Shake up your thinking and exercise routine today!

If you've read diet books in the past, it does have a lot of the same old stuff. The bottom line is eat less, eat healthier and work out. There are no miracle diets. However, this book does give you some great ideas for the time challenged, which I am. I leave the house at 5:40 a.m. and get home about 12 hours later. I have a husband and a 7 year old. There is very little time for me. After reading this book, however, I at least force myself to get in a few minutes here and there. When I get home from work, I figure there's no reason I can't at least do something for 10 minutes. I like weights, and you can accomplish a lot in 10 minutes. Cardio... I'm still working on.

This is a great buy! I need to lose 30 pounds but just cannot seem to get myself started or motivated. I was looking for motivation and good solid information presented in a way that I understand and is easy to access and this book definitely fit the bill. I love the layout of the book and the charts that are provided (I am a list and chart person). I have been using them to keep track of my efforts. There is a section on finding time in your schedule to be active which I thought was very helpful. I really like the author's "lifestyle shortcuts" and have been trying to heed her advice and tie her suggestions through my entire lifestyle. There are also photographs of exercises provided that walk you through various exercises and routines-they are very helpful. I think this book is an excellent choice no matter where you are on the fitness spectrum: it is full of great info and who can't use a little extra motivation!

I love this book. I agree with another reviewer that the routines are very easy to follow, clearly explained, and there's plenty of them to keep you going for some time. Before buying this book, I had been working out for 7 months and lost 35 pounds. I was SO BORED of my exercise routines,

and I hit a plateau. After I started doing the 10 minute workouts described in this book, my body started feeling sore again the day after working out... It felt challenged! :) And I feel great. Goodbye, plateau! Worth the money. Buy it.

The problem with most exercise programs and routines usually has to do with the complexity of commitment to either investing in expensive equipment or having to go all out and join a gym. When there are extremes and no mid-ground, everyday folk are left with doing nothing at all. What I like about Chris' program is the small 10-minute bites and chunks will also work, and it has a tremendous advantage over sitting there making excuses and doing nothing.

[Download to continue reading...](#)

Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only Tone Every Inch:Â The Fastest Way to Sculpt Your Belly, Butt & Thighs Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free,

gluten free) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Wheat Belly Diet: For Beginners A Guide On Weight Loss and Total Health (Wheat Free Cookbook Included, Now With 20 Delicious Recipes) (wheat belly diet weight loss cure) How To Thin Legs: Get Thinner Thighs And Slim Calves Fast Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts

[Dmca](#)