



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

By Denise Austin

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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!

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Editorial Review

Amazon.com Review

Fitness guru Denise Austin helps you "zero in on your personal trouble spots" while increasing metabolism with this 6-week exercise and eating program. Her formula includes toning workouts that target the waist, thighs, abs, buttocks, hip, lower back, and upper arms; regular walking and stretching; and eating strategies (not dieting). Her tips are refreshingly sensible: Avoid chronic dieting (it hurts your health and makes you fatter), stretch to decrease stress, fill up on high-fiber foods, eat a balanced diet, build muscle to increase calorie-burning, and walk almost every day. Austin's clearly illustrated and varied exercises use body weight, dumbbells, resistance bands, or a stability ball. A sample exercise schedule takes 15 to 60 minutes a day. For especially busy days, she offers a series of exercises that work two or more muscle groups at once. Austin's "Shrink-Fat Eating Plan" emphasizes portion control, 1,400 to 1,800 calories, and a nutritional breakdown of 24 percent "good" fat, 20 percent protein, and 56 percent high-quality carbs. Whether you just want a foundation to get started or you need a structured, daily program (including menu plans, shopping lists, and daily logs), you can find it here. Profiles of happy and successful followers of the program add interest. Highly recommended. --*Joan Price*

From the Back Cover

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Denise Austin is the star of Lifetime Television's *The Daily Workout* as well as *Fit & Lite*, television's number one exercise program. She offers regular fitness advice to readers of America's number one health magazine, *Prevention*, in her column "Shape Up with Denise Austin." She lives in Alexandria, Virginia, with her husband, Jeff, and two daughters, Katie and Kelly.

Cover design by Carol Angstadt

Cover photographs by Hilmar

Also Available:

Shrink Your Female Fat Zones VHS and DVD (from Artisan Home Entertainment)

About the Author

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Users Review

From reader reviews:

Sally Staten:

What do you consider book? It is just for students since they are still students or this for all people in the world, what the best subject for that? Only you can be answered for that query above. Every person has various personality and hobby for each other. Don't to be pressured someone or something that they don't need do that. You must know how great as well as important the book *Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More*. All type of book are you able to see on many options. You can look for the internet resources or other social media.

Molly Maldonado:

This book untitled *Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More* to be one of several books that will best seller in this year, that's because when you read this e-book you can get a lot of benefit on it. You will easily to buy this specific book in the book shop or you can order it by using online. The publisher in this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Smartphone. So there is no reason to you personally to past this e-book from your list.

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sons or daughters, there are many kinds of book which exist now. The authors in this world always try to improve their expertise in writing, they also doing some investigation before they write with their book. One of them is this Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More.

Allen Grimm:

Some people said that they feel weary when they reading a guide. They are directly felt the idea when they get a half parts of the book. You can choose the actual book Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More to make your own personal reading is interesting. Your skill of reading skill is developing when you such as reading. Try to choose very simple book to make you enjoy to read it and mingle the sensation about book and reading especially. It is to be very first opinion for you to like to wide open a book and examine it. Beside that the publication Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More can to be a newly purchased friend when you're experience alone and confuse with the information must you're doing of that time.

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