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magazine's



**LINDA
SHELTON**
fitness director of
Shape magazine
with Angela Hynes



ULTIMATE BODY

BOOK

4 Weeks to Your Best Abs, Butt, Thighs, and More!

Shape Magazines Ultimate Body 4 Weeks To Your Best Abs Butt Thighs And More

E Durkheim



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TRUTH Body Solutions Frank Sepe, 2006 In his new book TRUTH Body Solutions Frank Sepe provides easy nutritionally sound common sense eating strategies that not only are easy to follow but will help you lose the excess weight forever without pills or gimmicks Frank doesn't believe in the latest fad diet but would rather provide you with the nutritional information his clients pay thousands of dollars to learn There are also separate chapters for those of you who need to actually gain a few pounds in a safe way Frank also focuses on muscle building with a concrete plan for both women and men to melt off fat and replace it with calorie burning muscle There will be a system for those who want the type of sculptured physique that you see on top Hollywood stars and in magazines This book includes an exercise DVD to meet all of your workout needs It will be like inviting Frank into your personal workout area every single day The DVD is for all fitness levels and you'll be able to tailor a plan to your needs with the combination of it and the book The 90-Day Fitness Challenge Phil Parham, Amy Parham, 2010-06-01 Phil and Amy Parham contestants on NBC's *The Biggest Loser* provide a faith based informative and motivational book that will encourage those facing weight challenges to permanently transform their lives and live their dreams of being healthier happier and more fit This is not a diet book for temporary change but a manual for permanent transformation The 90 Day Fitness Challenge will encourage readers to embark on a 90 day program for permanent weight loss outline simple and practical healthy food and fitness plans point the way toward developing better eating habits and an active lifestyle incorporate Scripture and faith principles to encourage readers to make God a part of their journey provide motivation through heartfelt and encouraging daily devotional readings The Parhams know from personal experience the obstacles to fitness that overweight readers face Having lost a combined total of 256 pounds they come alongside readers to provide inspiration motivation and practical life skills on their 90 day journey toward better health and lasting weight loss *Shape Magazine's Ultimate Body Book* Linda Shelton, Angela Hynes, 2005 From America's 1 women's fitness magazine boasting six million readers each issue comes Shape magazine's Ultimate Body Book the follow up to the bestseller *Shape Your Life* Linda Shelton the magazine's fitness director put you on the road to living your best life now she's showing you how to achieve your best body the Shape way This means getting lean and toned having maximum energy and possessing the head to toe confidence that comes from knowing you're at your personal peak of fitness health and well being **Health Bliss** Susan Smith Jones, 2010-06 Would you like to lose unwanted pounds eliminate the ongoing stress of unbalanced living and regain your zest for life If so then this easy to read diet and lifestyle book is for you as it will gently guide you on a journey to unparalleled vitality your ideal body weight and the confidence you need to control your own health destiny Renowned author Susan Smith Jones shares the secrets of health and diet success that her private clients pay thousands of dollars for She shows you how to select the healthiest and most delicious foods explains how a little bit of exercise can go a long way reveals the importance of silence and solitude and empowers you to make the changes that will

make you look and feel younger and more energetic than ever The 21 day approach recommended in this book will give you the motivation you need to take charge of your body your health and your life physically mentally emotionally and spiritually as you learn which foods heal detoxify and rejuvenate your body look and feel ten years younger in just 90 days understand how raw plant based foods facilitate healing and restore youthful vitality lose 20 to 30 pounds over three months by eating more not less free yourself from depression and negative self talk and much more *The Ultimate Body Book* Linda Shelton,Angela Hynes,2006-12-01 From America s 1 women s fitness magazine with six million readers each issue comes the Ultimate Body Book the follow up to the bestseller Shape Your Life Linda Shelton Shape magazine s fitness director shows you how to achieve your best body the Shape way This means getting lean and toned having high energy and possessing the head to toe confidence that comes from knowing you re at your personal peak of health and well being **Joyce in the Belly of the Big Truck; Workbook** Joyce A. Cascio,2005-05 **Index de Périodiques Canadiens** ,1998 *Men's Health* ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Flying Magazine** ,1966-11 **Subject Guide to Books in Print** ,1991

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