

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 bend 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!

DENISE AUSTIN is the star of Lifetime Television's *The Daily Workout* as well as *Fit to Use*, 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.



**ALSO AVAILABLE:**  
Shrink Your Female Fat Zones VHS and DVD  
(from Arcadian Home Entertainment)



# Shrink Your Female Fat Zones

**Ellington Darden**



## **Shrink Your Female Fat Zones:**

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**Reduzca Sus Zonas de Grasa Femenina** Denise Austin, 2004 Better Nutrition , 2004-05 Reaching nearly 1 million readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products *The Best Friends' Guide to Getting Fit* Kim Murphy, Kris Carpenter, 2004-11 As featured in Budget Savvy Two out of shape women became fit for life and best friends by exercising together now you and a chosen friend can too The Perfect Menopause Dr. Henry M. M. D. Hess, Henry M. Hess, 2008 Helps women thriving during the complex changes of menopause This book provides options for complete solutions to the difficulties of menopause by blending natural and traditional medicine It offers solutions that range from natural therapies to medical therapies to bioidentical hormones

*Runner's World* , 2003 **The Publishers Weekly** , 2004 **The Natural Fat Loss Pharmacy** Harry G. Preuss, Bill Gottlieb, 2007 A reliable guide to the nutritional supplements and herbs that can safely and effectively help you lose weight and keep it off **The Cult of Thinness** Sharlene Nagy Hesse-Biber, 2007 In this powerful book Sharlene Nagy Hesse Biber goes beyond traditional psychological explanations of eating disorders to level a powerful indictment against the social political and economic pressures women face in a weight obsessed society ethnicity gay and lesbian body image and the globalization of body image issues align a refined cultural study of body image with the trends found in current research studies demographic data and popular culture **Quill & Quire** , 2003 **The Ladies' Home Journal** , 2004-02

*Practical Change* Noelle Federico, J. Allan Jones, 2005-06 Practical Change is a motivational book about change and what it takes to get healthy in today s world It is written by the Executive Team of a National Nutritional Supplement Company This book is a about the reality of changing and how to make changes in your life that will last Change is not magic it is hard work This book demonstrates that each individual holds the power to change their own lives for the better Billboard , 2004-05-22 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends The DVD-laser Disc Newsletter , 2003 Shop Tucson! Susan L. Miller, 2006-11-01 Live in Tucson or plan on visiting soon and this is important have wads of cash and or credit burning fresh holes in your designer jeans Susan L Miller s weekly column appeared in the Tucson

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**Tighten Your Tummy in 2 Weeks** Ellington Darden,2015-08-18 Tighten Your Tummy in 2 Weeks is a revolutionary new program that triggers hormones to burn more fat and melt pounds and inches primarily from the belly A woman s tummy has now replaced her thighs as the most troublesome body part Seventy six percent of women surveyed in 2014 admitted that they were unhappy with their midsection And a large tummy is a warning sign of significant potential health issues QUESTION How would you like to lose 14 inches from your waist and 14 pounds of body fat in only 14 days The proof is in the pictures 41 women at Gainesville Health Fitness in Florida tested the Tighten Your Tummy in 2 Weeks program under the direction of fitness expert Ellington Darden PhD who documented success stories with remarkable before and after photographs Readers can expect results similar to Dr Darden s test panel For example in just 2 weeks Roxanne Dybevic 54 lost 15 08 pounds Angela Choate 68 lost 14 8 pounds Katie Fellows Smith 60 lost 14 51 pounds Denise Rodriguez 34 lost 14 49 pounds Brianna Kramer 23 lost 14 26 pounds What causes such rapid loss of midsection flab The answer is Dr Darden s remarkable 5 step formula 1 A special at home resistance exercise technique called 15 15 15 plus 8 to 12 triggers fat cells to burn and release fat effectively spot reducing the belly 2 A carbohydrate rich eating plan of five or six small meals a day Yes carbs are okay A bagel for breakfast is on the daily meal plan 3 Extra sleep at night and a nap during the day to turbo charge the shrinking of pounds and inches 4 A tummy tightening trick called the inner abs vacuum that s performed before every meal 5 Sipping ice cold water all day long which synergizes the loss of fat and the strengthening of muscle What Women Like You Are Saying About the Tighten Your Tummy Program I ve rediscovered my hour glass figure My jeans fit again they feel like an old friend The Power Start Diet made me feel powerful and I like that feeling I love the person I now see in the mirror

**A Flat Stomach ASAP** Ellington Darden,1998 Helps you lose from 7 to 11 pounds of fat and 2 5 inches from your midsection in as little as two weeks and see even more dramatic results in six weeks *Video Source Book ,2008*

## **Shrink Your Female Fat Zones** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Shrink Your Female Fat Zones**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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