

Tone It Up Meal

LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century. It now lives on at LIFE.com, the largest, most amazing collection of professional photography on the internet. Users can browse, search and view photos of today's people and events. They have free access to share, print and post images for personal use.

Teaches readers how to continue to stay fit through fun and innovative exercises that will help them regain and maintain the body they have always wanted.

Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. The Juice Diet offers more than 100 mouthwatering juice and smoothie recipes divided into three simple yet super-effective diet plans : Juice Blitz (quick weekend startup), Juice Week (one-week plan), and Juicing for Life (a month-long schedule). Additional chapters cover juicing for beauty, energy, and immunity, providing the perfect balance to bring out the body's true potential.

The fitness expert and lifestyle blogger behind Blogilates.com offers a workout guide full of creative Pilates poses and challenging sequences based on seasonal goals like "Bikini Body" and "Post-Holiday Fat Burn." Original.

Are you tired of diets that don't work? Tired of being put in a box of eating dos and don'ts? The world is full of mixed messages when it comes to our health, and it can be hard to know who or what to trust. But what if the one source we trust the most—God and his Word, the Bible—could also teach us about how to live healthy and love ourselves, both spiritually and physically? TRUE Health is your complete guide to recognizing and releasing health struggles, embracing who you are, and stepping fully into your God-given potential. Author and certified health and life coach Julie Watson shows you how to achieve better health without depriving yourself or trying to adopt practices you don't enjoy. It's your life and your personal journey. Health is about having the mindset, nourishment, and self-understanding that will set you up for success. You need a strategy for your health and for your life that is true to you—and to the woman God is calling you to be. With sound, practical strategies and the spiritual and emotional encouragement you can receive from faith in God, you will learn how to create true health so you can show up fully in this world, stop playing small, and live the life you are meant to live!

"Donovan Green proves that motivation and inspiration improves his clients' lives inside and outside of the gym.

Donovan's own life story is the greatest example of how being motivated and driven makes what once seemed impossible a reality." --Joe Scarborough, NBC News Senior Political Analyst and host, Morning Joe Dr. Oz's personal trainer, Donovan Green, delivers a 30-day fitness program focusing on exercise, diet, and attitude, forged from his experience training thousands of clients ranging from celebrities to regular folks. Between his positive, can-do spirit and practical, brass tacks strategies for getting in shape, it's no wonder that Donovan Green has reached 3.7 million daily viewers via his unique No Excuses platform on DrOz.com. With No Excuses Fitness, Green delivers a comprehensive month-long plan designed to help readers lose 10 pounds in 30 days. Filled with healthy recipes, workouts that can be done anywhere and with minimal equipment, and daily tips for staying focused (especially through plateaus), and featuring a foreword by Dr. Oz's wife Lisa, No Excuses Fitness will inspire and guide anyone interested in losing weight and gaining optimal health.

Introduces a nutrition and diet program that involves eating five small meals a day and doing five short workouts a week, and includes more than one hundred simple recipes with five or fewer ingredients.

In The Petite Advantage Diet, weight-loss expert Jim Karas delivers a breakthrough lifestyle guide that's already revolutionizing the world of health and fitness: the first book of its kind designed exclusively for women 5'4" and under. Readers of his New York Times bestselling book The Business Plan for the Body can testify to how his advice has helped millions of women find their way to fitter, firmer, healthier, and happier lives. Now Jim Karas reveals a program designed for petite women, for whom The Belly Fat Cure can't offer a real cure and 21 Pounds in 21 Days means losing too much too quickly: The Petite Advantage Diet. Achieve that long, lean look—and eat the right foods to feel full fast—with the specialized diet for women 5'4" and under.

Discover the original international diet sensation—used by Adele, heavyweight champion David Haye, and Pippa Middleton—that will help you lose seven pounds in seven days while experiencing lasting energy and eating all the foods you love. Over the past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people lose about thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body's energy stores activate what is known as sirtuins, or the "skinny gene," and many positive changes ensue. Fat storage is switched off, and our body stops its normal growth processes and goes into "survival" mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating.

Ranging from chocolate and red wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers. Nutritionists Aidan Goggins and Glen Matten have created The Sirtfood Diet to help you effectively lose weight and improve your resistance to disease, while still giving you incredible energy and glowing health.

The Diabetes Cookbook and Meal Plan for the Newly Diagnosed delivers the quickest meal plan to manage your type 2 diabetes and take control of your diet. A type 2 diabetes diagnosis means that it's time to make some changes, starting with your diet. With clearly defined meal plans and simple recipes, The Diabetes Cookbook and Meal Plan for the Newly Diagnosed helps you manage type 2 diabetes and improve your health in as early as 4-weeks. Specifically designed for those who have been newly diagnosed with type 2 diabetes, this diabetic cookbook lays out an easy-to-follow meal plan to prevent side effects and maintain normal blood sugar levels. Complete with the most up-to-date information on type 2 diabetes and over 100 delicious recipes, The Diabetes Cookbook and Meal Plan for the Newly Diagnosed offers all of the guidance and support you need to thrive with diabetes. Long-term management of type 2 diabetes starts in the kitchen. This diabetic cookbook includes: A 4-week meal plan that is easily

customized according to your weight loss goals and caloric needs Current information on type 2 diabetes including how it develops, what to expect, and nutritional basics Over 100 delicious recipes for every meal with quick reference recipe labels such as Gluten-free, Vegetarian, Dairy-free, Nut-free, No-Cook, 5-Ingredient, and 30-Minutes-or-Less With The Diabetes Cookbook and Meal Plan for the Newly Diagnosed, you'll gain control of your diet in 4-weeks and build healthy eating habits that will last a lifetime.

Use the power of motivation and good habits to become fitter, healthier, and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

Sharing her cost-cutting principles and tips, the creator of the Budget Bytes blog presents a vast array of easy and healthy recipes that are full of flavor but won't break the bank. Original. 40,000 first printing.

Meal prep is the best thing to happen to healthy eating-and DAMN DELICIOUS MEAL PREP makes it tastier than ever! It's 6:00 pm, and you have nothing planned for dinner. Again. If you're like many folks, including blogger and author Chungah Rhee, this happens more often than you care to admit! Wanting to regain control of her health and eating habits, Chungah turned to meal prep: the secret weapon that keeps everyone from celebrities and athletes to busy parents and young professionals on-track and eating well. Chungah quickly found that meal prep is an amazing way to save time and money and to keep you and your family eating healthy all week long. By taking the time to plan your meals, prep ingredients, and do some cooking ahead of time, it's easy to have perfectly portioned healthy options at your fingertips for any time of the day. Inside are Chungah's go-to recipes-including some favorites from the blog. You'll find inspiration for delectable protein-packed breakfasts, energy-boosting snacks, and slimmed-down comfort food favorites-none of which sacrifice flavor. Who wouldn't be enticed by a 205-calorie Breakfast Croissant Sandwich or an under-500-calorie Mason Jar Lasagna? She also arms readers with dozens of tools for making habit changes actually stick. This indispensable cookbook is sure to help you live a healthier (and more delicious) life.

NEW YORK TIMES BESTSELLER Zero Belly Diet is the revolutionary new plan to turn off your fat genes and help keep you lean for life! Nutrition expert David Zinczenko—the New York Times bestselling author of the Abs Diet series, Eat This, Not That! series, and Eat It to Beat It!—has spent his entire career learning about belly fat—where it comes from and what it does to us. And what he knows is this: There is no greater threat to you and your family—to your health, your happiness, even your financial future. Yes, you can: Change your destiny. Overcome your fat genes. Strip away belly fat and finally attain the lean, strong, healthy body you've always wanted. With Zero Belly Diet, David Zinczenko reveals explosive new research that explains the mystery of why some of us stay thin, and why some can't lose weight no matter how hard we try. He explains how some foods turn our fat genes on—causing seemingly irreversible weight gain—and uncovers the nine essential power foods that act directly on those switches, turning them to “off” and allowing for easy, rapid, and sustainable weight loss. And he shows how these foods help heal your digestive system, keeping those gene switches turned off and setting you up for a lifetime of leanness. Other diets can help you lose weight, but only the Zero Belly diet attacks fat on a genetic level, placing a bull's-eye on the fat cells that matter most: visceral fat, the type of fat ensconced in your belly. These fat cells act like an invading army, increasing inflammation and putting you at risk for diabetes, Alzheimer's, arthritis, heart disease, and cancer. Visceral fat can also alter your hormone levels, erode muscle tissue, increase your chances of depression, and destroy your sex drive. But you can turn the odds in your favor. Zero Belly Diet shows you how to deactivate your fat genes, rev up your metabolism, banish bloat, and balance your digestive health, allowing you to easily build lean, strong stomach muscle and strip away unwanted belly fat without sacrificing calories or spending hours at the gym. The result: weight loss that is easier, faster, more lasting, and more delicious than you'd ever imagine. You'll be stunned and inspired by the results of an amazing 500-person test panel—men and women who lost weight quickly, and with ease, following the Zero Belly diet. In just the first 14 days: Bob McMicken, 51, lost 16.3 pounds Kyle Cambridge, 28, lost 15 pounds Martha Chesler, 54, lost 11 pounds Matt Brunner, 43, lost 14 pounds Zero Belly Diet features a week-by-week menu plan, fifty tasty recipes, and a handy shopping list that leads to a minimum of cooking and plenty of feasting. Best of all, Zero Belly Diet offers something more: freedom. Freedom from bloating, freedom from food deprivation, freedom from weight loss fads, freedom from stress. So say goodbye to your paunch and hello to a happier, healthier you!

Tone It Up 28 Days to Fit, Fierce, and Fabulous Rodale

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after. • FIERCE. Dawn and

Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

Research shows that although people can lose 5 to 10 percent of their body weight on any given diet, dieting itself is a consistent predictor of future weight gain. Why? At some point, everyone stops dieting. The Lean Muscle Diet solves the sustainability problem while offering immediate results. It's simple: act as if you already have the body you want. If a reader is, say, a 220-pound man who wants to become a muscular 180-pounder, he then uses The Lean Muscle Diet's formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the results last for life. Lou Schuler, who has sold more than one million copies of his fitness books worldwide, and Alan Aragon, nutrition advisor to Men's Health, have created an eating and "metabolically expensive" exercise plan designed to melt fat while building muscle. The best part? The plan allows readers to eat their favorite foods, no matter how decadent. With full support from Men's Health, The Lean Muscle Diet delivers a simple--and simply sustainable--body transformation plan anyone can use.

Hey Gorgeous! Welcome to Tone It Up, a worldwide community of amazing girlfriends who support and encourage each other to live our happiest, healthiest lives. As women, we so often focus on others, but a balanced and beautiful life means prioritizing yourself so you can truly be the version of you. The best way to do that is by combining a nutritious diet, active lifestyle, and most importantly, by spreading positivity and boosting each other up. Whether you're sharing workouts or wine, female friendship is so important—plus it makes fitness a lot more fun! BALANCED AND BEAUTIFUL is a guide to focusing on the amazing woman that is you, with a 5-day plan to Refresh, Motivate, Inspire, Energize, and last but not least, Relax. Filled with daily fitness routines, delicious recipes, wisdom to transform your mindset, and all the love and advice of the TIU community, Karena and Katrina make it easier than ever to reach your goals and feel great. Each day, you'll find tips and advice for every aspect of your journey, told through fun and fascinating stories and secrets that will be like having your best girlfriend along for the ride. Throughout these pages, you'll feel empowered, uplifted, and connected—with the entire TIU community behind you, cheering you on towards your most confident, centered self. Ready to reset? Feeling BALANCED AND BEAUTIFUL is only 5 days away!

The fitness influencer and creator of the #1 bestselling Food & Drink app, FitMenCook, shares 100 easy, quick meal prep recipes that will save you time, money, and inches on your waistline—helping you to get healthy on your own terms. We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat and how it's going to affect our bodies, we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve wellness goals without breaking the bank. In Fit Men Cook, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day—from grocery lists to common dieting pitfalls to his ten commandments of meal prep—as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement. This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With Fit Men Cook, you can create exciting, satisfying meals and be on your way to losing weight for good. After all, bodies may be sculpted at the gym, but they are built in the kitchen.

Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

Inside every woman's body, there's a battle going on: a battle between lean, toned muscle and soft, flabby fat. Now, the experts at Women's Health give readers the final word on winning that battle and staying fit and trim for life. They've boiled down the most authoritative health, fitness, and nutrition advice into one simple, effective, life-altering plan. Backed by groundbreaking research, The Women's Health Diet is a proven program that actually works with a reader's body to build lean muscle and burn stubborn belly fat—in just 27 days! This unique philosophy, built around 8 superfood groups, combines an indulgent diet with a simple exercise program for rapid and effortless weight loss from the belly, hips, and thighs. Just follow the Secrets of the Slim—7 simple strategies that are often surprising and even humorous, like Secret #2: I Will Never Eat the World's Worst Breakfast (hint: with this plan, even ice cream can be breakfast!). Even if you only follow the Seven Secrets 80 percent of the time, you can't help but stay lean! Features include: The Women's Health Fast-Track Tone Up Plan; Complete Guide to the Female Body in Your 20s, 30s, 40s, and Beyond; and the 250 Best Foods for Women. Packed with delicious recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate guide to a slimmer, sexier body.

From the celebrity trainer, bestselling author, and creator of The 4 x 4 Diet comes a simple, targeted diet plan that balances the dinner plate to reduce inflammation and help readers get healthy.

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England

Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how to develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

Whatever your body shape, fitness level, or age, feel amazing after just 1 week of 7-minute workouts, recipes, and Lucy's positive mindset to help you believe in yourself and love your body. Find just 7 minutes a day over a week and follow one of Lucy Wyndham-Read's workouts daily to shape up and feel your best self. Try her supporting recipes for even greater impact. No equipment is needed, the exercises are easy and effective whatever your body shape and fitness level, and "yes", you really do only need 7 minutes a day. Lucy wants us to all to love our bodies and feel our best quickly and easily. The seven workouts - all exclusive to the book - speak to real women: Melt Off Belly Fat, Little Black Dress Workout, Love My Legs, Super Health Fix. They are demonstrated with illustrations of women of all ages, shapes and sizes - no unattainable skinny models. Try one for a week and you will want to do more. Followers (Lucy has over 1 million across YouTube and Instagram) say of her routines, "Actually, I can do these for the rest of my life". The quick, healthy recipes (7 breakfasts, 7 lunches, 7 smoothies, 7 dinners) - which Lucy shares for the first time - are optional, but follow these too and your results will be even more impressive. Start now, believe in yourself, see the change, and love your body!

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes, among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis who have turned to Phillips for clear-cut information to enhance their energy and performance. People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover *Body-for-LIFE* is much more than a book about physical fitness—it's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know—not believe, but know: that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down-to-earth, Bill Phillips guides you, step by step, through the integrated *Body-for-LIFE* Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the Power Mindset™; How to create more time for everything meaningful in your life; How to trade hours of aerobics for minutes of weight training with dramatic results; How to make continual progress by using the High-Point Technique™; How to feed your muscles while starving fat with the Nutrition-for-LIFE Method™; How thousands of ordinary people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the *Body-for-LIFE* Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

An Energizing and Delicious Vegan Meal Plan for a Strong and Lean Body Ella Magers has the perfect solution for those stubborn last six pounds and it doesn't involve logging hours and hours at the gym. Ella's unique formula for weight loss is made up of nutrient-dense, calorie-light, whole plant foods. She has created an effective, easy-to-follow six week plan for shedding body fat fast. Not just another fad diet, this program is designed to kickstart a vegan lifestyle and efficient workouts, without the calorie

counting or "rabbit food" label! Ella offers a six-week plan of action, from all your meals to snacks, treats and workouts, designed to whip your tummy into shape! She provides delicious and healthy recipes such as the Beet This! Smoothie and Muay Thai Zucchini Noodles, along with grocery lists and tips and tricks for vegan food prep. The supplemental workout plan is intense, yet balanced, and features exercises such as burpees and plank variations for full body; assorted types of pull-ups and push-ups for upper body; and a squats and lunge medley for the lower body. The cross-training focuses on select areas and alternates with cardio on some days and yoga on others. Shed those last few pounds through this nutritious lifestyle by embracing the Six Weeks to Sexy Abs plan and see why it's not about dieting; it's about eating according to your goals!

Allison Westfahl's Core Envy will tone and sculpt your abs, back, stomach, and sides—and build a strong, sexy core you'll love showing off. Her Core Envy program solves the problems other abs programs ignore with a three-part approach to slim down and tone up. You'll clean up your diet, fire up your metabolism, and tighten up all the muscles of your core without a gym or equipment. In just three weeks, you'll start seeing results. Westfahl is an acclaimed personal trainer who developed her effective core sculpting program for women at several of the nation's most prestigious health clubs. Her clients came to her because they were frustrated by traditional abs programs that involved impossible diets, endless cardio and crunches, sketchy supplements, and tedious calorie counting. Allison's 8-week Core Envy program is a better way to tone and sculpt. Core Envy lays out a triple threat of cardio workouts, sculpting routines, and a diet makeover. It's a balanced approach that promotes both fitness and weight loss, and you won't need a gym to make it happen. Allison's cardio and sculpting workouts average just 30 minutes and don't require special equipment. Her high-intensity cardio workouts coupled with full core functional exercises will make sure you slim down while you sculpt all the muscle groups you need for a sleek, toned core. Three levels let you amp it up or tone it down to match your current fitness level. Allison streamlines dieting with healthy, flavorful foods and snacks that will keep you energized as you rev up your metabolism. Her tasty recipes and complete meal plans simplify calorie counting and make weight loss painless. Core Envy will help you get the sleek, sculpted core you want. After Westfahl's 8-week program, you'll look great and feel confident rocking a fit and feminine look. Allison Westfahl is an exercise physiologist, certified personal trainer, and fitness nutrition specialist. After earning an undergraduate degree from Yale, Westfahl moved to Denver to pursue a career in helping people live a healthy, active lifestyle. She quickly made her mark on the industry, becoming the youngest-ever Director of Personal Training at a nationally top-rated health club. She has managed and directed personal training teams at high-end health clubs in Boulder and Denver since 2003. Westfahl is known for creating innovative, effective core strength and sculpting routines. She has trained elite professional athletes, helped choreograph workout videos for Gaiam, and been featured in publications ranging from Shape to Bicycling to the Denver Post. She holds an MS in exercise science and a coaching certification from USA Triathlon, and has earned a CPT, PES, and FNS from the National Academy of Sports Medicine.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's *Revenge Body*--now revised with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, *The Body Reset Diet* offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good!

Citing the role of fiber in the establishment of a permanent healthy diet and weight-loss goals, a top nutritionist provides more than seventy-five recipes and definitive guidelines designed to help readers bolster energy levels, lower cholesterol, and reduce disease risks. Reprint.

Not everyone can achieve a six-pack like a fitness magazine cover model, but anyone can achieve a four-pack. By adjusting your expectations to attainable and healthy goals, you can achieve long-term and lasting fitness. Written by famed MMA fighter Chael Sonnen and MMA sports performance expert Ryan Parsons, *The Four-Pack Revolution* uses the latest science and motivational exercises to guide you on a journey toward a healthier and—just as importantly—more sustainable weight-loss program. Instead of a simplistic or one-concept gimmicky diet, *The Four-Pack Revolution* presents a total-life approach for attainable goals by:

- Debunking the myths and revealing the science of weight loss
- Arguing that “system resets” or breaking your diet can actually have health benefits
- Presenting how to manage key hormones through diet
- Designing intense, 10-minute workouts that are more effective than more time-consuming cardio workouts
- Illustrating the healthy ratio of carbs, fat, protein and how to practice portion control
- Sharing tips for maintaining a plan even while eating out
- Providing a shopping list for a four-week meal plan

With *The Four-Pack Revolution*, you can achieve a four-pack—while still enjoying life.

Join the million-plus people who have found the answer to losing their belly fat while eating satisfying and delicious foods. With the Flat Belly Diet! you can: - Lose inches in just 4 days - Drop up to 15 pounds in 32 days - Boost your energy as the weight falls off! Prevention, America's most trusted healthy-living magazine, presents the New York Times-bestseller Flat Belly Diet in paperback--now with a new foreword by Dr. David L. Katz describing new research about the many health and weight loss benefits of this amazing eating plan. Enjoy delicious dishes such as Seared Wild Salmon with Mango Salsa, Slow Cooker Chili, and Pumpkin-Maple Cheesecake--and you will lose belly inches and greatly enhance your likelihood of living a longer and healthier life. Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies' needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four

recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups—protein, fat, fiber, and greens—that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware. Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds—and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep. Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, Body Love is your one-stop resource to living clean and happy!

[Copyright: 60cb3df95b527266d3929cd3c88e8bc4](#)