



Fit Not Fat at 40-Plus: The Shape-Up Plan That Balances Your Hormones, Boosts Your Metabolism, and Fights Female Fat in Your Forties-And Beyond

Prevention Health Books for Women

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"If I have to listen to one more 18-year-old in a leotard telling me to 'work it harder,' I'm going to scream!"

Finally, a fitness plan for *real* women!

Aerobo-bunnies got you down? In the high-impact world of extreme diet and fitness guides, those of us over 40 can sometimes seem left behind.

Well, no more. Finally, there's a weight-loss guide for real women.

Fit Not Fat at 40-Plus - by The Editors of Prevention Health Books for Women - is the only diet and fitness guide that has analyzed the complex roles of metabolism, hormone changes, physical challenges, and stress in women's post-40 weight gain, and devised a quick-start, easy follow-through plan for immediate results. You will ...

Never get bored again! Sample hundreds of exciting new exercises, 10-minute workouts, motivational secrets, and insider tricks, everything from how to remain sweat-free to how to look like a pro at your first African dance or yoga class.

Boost your metabolism around the clock! More than 100 step-by-step photos of easy-to-follow muscle-building exercises show you how to boost your calorie-burning power by 15 percent-- an extra 300 calories a day-- even when you're sleeping!

Banish pain and discomfort! Choose from more than 25 specific fitness prescriptions to help relieve everything from asthma and diabetes to osteoporosis and rheumatoid arthritis.

Blast cravings and eat all day! Build your 40-Plus Eating Plan around mouthwatering recipes, 14 days of interchangeable meal plans, and the only diet you'll ever need to lose weight, prevent disease, and manage your blood sugar, designed by a dietitian from the Joslin Diabetes Center of Harvard University.

Kick your feet up-- and lose even more weight! Learn why destressing is your new mandatory weight-loss strategy, and choose from 50 luxurious mini-escapes in the Relax and Recharge Plan-- because you deserve it!

In just 1 week, you'll be on your way to shedding pounds, years, and worries. Leave the sweating, injuries, and fad-diet frustrations to those aerobo-bunnies-- this plan's just for *Oyou*!

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