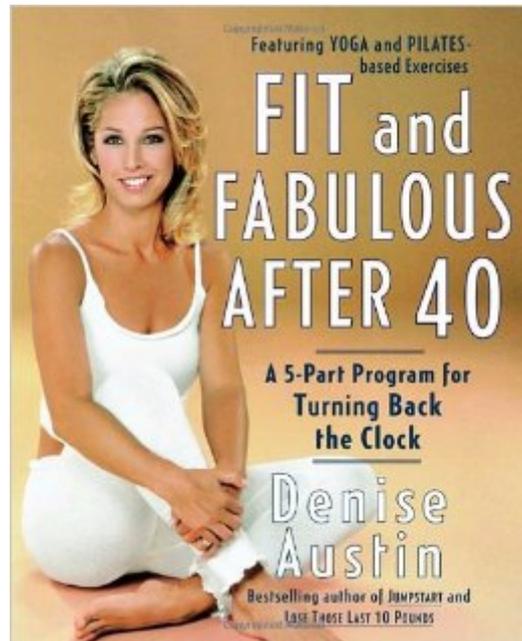


The book was found

# Fit And Fabulous After 40: A 5-Part Program For Turning Back The Clock



## Synopsis

America's favorite fitness expert presents a breakthrough program to win the war against aging—a battle she has personally fought and won. We all know that aging is inevitable—but how gracefully you age is up to you. Scientific research shows that we can turn back the clock through a targeted regimen of age-busting exercise and nutrition. Now, in *Fit and Fabulous After 40*, award-winning fitness expert Denise Austin presents her own revolutionary, sure-fire plan to help you stay healthy, strong, slim, and fabulous—no matter what your age! By exercising for just thirty minutes a day, using cutting-edge techniques such as yoga and Pilates-based exercises, and eating for maximum health and vitality, you can build strength, shed extra pounds, improve flexibility and balance, and look years younger. *Fit and Fabulous After 40* includes: Easy-to-follow workout plans for every day of the week Fat-blasting, toning exercises to target specific areas of the body Weekly nutrient-packed meal plans with delicious slimming recipes Denise's personal vitamin and supplement regimen Invaluable advice on common health concerns for women, such as menopause, breast cancer, and heart disease Special beauty tips—including anti-wrinkle exercises! Designed to fit even the most hectic schedules, and easily tailored to individual health concerns, *Fit and Fabulous After 40* offers a modern, realistic fountain of youth for every woman.

## Book Information

Paperback: 320 pages

Publisher: Harmony; Reprint edition (May 14, 2002)

Language: English

ISBN-10: 0767904729

ISBN-13: 978-0767904728

Product Dimensions: 7.6 x 0.7 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #500,033 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness &](#)

[Dieting > Aging > Exercise](#) #144 in [Books > Self-Help > Mid-Life](#) #1346 in [Books > Health,](#)

[Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

Any woman over 40 will find much useful information in this book. Ms. Austin looks at how attention to exercise, nutrition, health, beauty, and attitude can make women feel and look better while actually being healthier and more energetic. Her writing style is positive and friendly, and she

addresses many important issues about women's health that I have not seen as well addressed in other books. The exercises are well illustrated, and even I could use most of the recipes. The book has two weaknesses that you should watch out for. Some of the exercises (especially the yoga) could cause you to hurt your back. The proposed diet, while a healthy one, is not as well suited for all blood types as Live Right 4 Your Type would recommend. The diet here seems to be pretty close to the ideal one for those with Type B blood. Unlike some authors who write about health and aging, Ms. Austin consulted experts to give you the latest information. She also adds her own experiences as a working mother of two. The practical advice for how to get more done in less time will be very welcome for busy women. By having a balance of exercise, a better diet, living a healthier lifestyle, using beauty restoratives, and maintaining a positive attitude, you should live longer, look better, and enjoy a healthier life. If you ignore the exercises that could strain your back and follow Live Right 4 Your Type for a diet that matches your blood type, this is clearly a five star book. If you have cardiovascular disease, your diet will have to go the low-fat route more than either book recommends (see Dean Ornish's Reversing Heart Disease). Having seen how much more specific the book could be by focusing on women over 40, I came away impressed that more health books should take such a more segmented approach.

[Download to continue reading...](#)

Fit and Fabulous After 40: A 5-Part Program for Turning Back the Clock Good Owner's Clock Guide and Clock Logbook Pregnant, Fit and Fabulous: Your Complete Guide to Exercise Before, During and After Pregnancy 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life Fit and Fabulous in 15 Minutes Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock Turn Back Your Age Clock: Look and Feel 20 Years Younger in Only 8 Weeks Get Fit, Stay Fit Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program After Effects for Flash / Flash for After Effects: Dynamic Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4 Professional Still Standing After All the Tears: Putting Back the Pieces After All Hell Breaks Loose No More Aching Back: Dr. Root's Fifteen-Minute-A-Day Program for a Healthy Back DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) Turning Back Time: The Science and Secrets to Anti Aging (Age Reverse) No Turning Back: The History of Feminism and the Future of

# Women No Turning Back: The Life and Death of Animal Species

[Dmca](#)