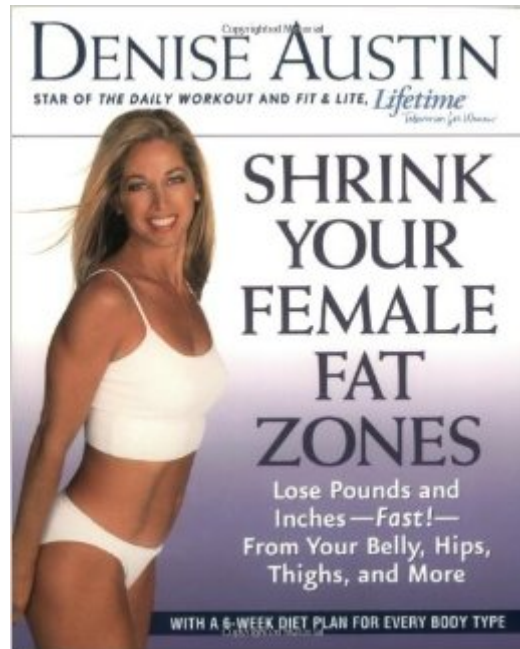


The book was found

# Shrink Your Female Fat Zones: Lose Pounds And Inches--Fast!--From Your Belly, Hips, Thighs, And More



## Synopsis

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 bind 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!

## Book Information

Paperback: 432 pages

Publisher: Rodale Books (August 2, 2003)

Language: English

ISBN-10: 1579547346

ISBN-13: 978-1579547349

Product Dimensions: 7.5 x 1.2 x 9.1 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #212,969 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #760 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #1753 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

This book features a comprehensive approach to fitness...cardio, strength training, stretching and healthful eating. Each body type has a slightly different recommendation, in order to target (with

toning exercises) particular problem areas. Denise's manner of writing is informative, friendly and encouraging. What I liked best: The cardio workout recommended is walking, which is nice because it can be done any time, anywhere. There are four walking workouts per week: an endurance walk, an interval walk, a walk with toning exercises incorporated and a combination interval/toning walk. Every two weeks the length of the walk is increased so that if you follow the schedule you will be walking 45 minutes/walk four times a week at the end of six weeks. There is a modified schedule for those who are quite out of shape, starting out. The fact that there is variety in the workouts makes it more interesting and less likely to result in a fitness plateau. There is a wonderful chapter on emotional eating. Basically, Denise's suggestion is to keep a "hunger" journal...noting down what time you eat, how hungry you were (on a scale of 1 to 5) and what the surrounding circumstances were. I have tried this myself and keep going back to it occasionally as a touchstone. I've found this a very helpful tool as far as modifying my habits. There are three eating plans along with suggestions for which would be most appropriate: a 1,400-calorie-a-day plan, a 1,600-calorie plan and an 1,800-calorie plan. Denise also has suggestions for modifying them. As one example, Denise explains why some women might find it most successful to alternate between the 1,400-calorie plan and the 1,600-calorie plan. The food on the included menus has lots of variety and is delicious.

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

Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) 8 Minutes in the Morning to Lean Hips and Thin Thighs : Lose Up to 4 Inches in Less Than 4 Weeks-- Guaranteed! Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Wheat Belly Diet: A 14-Day Wheat Belly Diet Plan To Lose Belly Fat In 14 Days (Gluten Free) How To Tone Your Thighs And Lose Belly Fat By

Riding A Bike! The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Shrink! Shrank! Shrunk!: Make Stylish Shrink Plastic Jewelry The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 15-Minute Body Fix (3rd Edition): Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! (Exercise) Prevention's Shortcuts to Big Weight Loss:Â Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast

[Dmca](#)