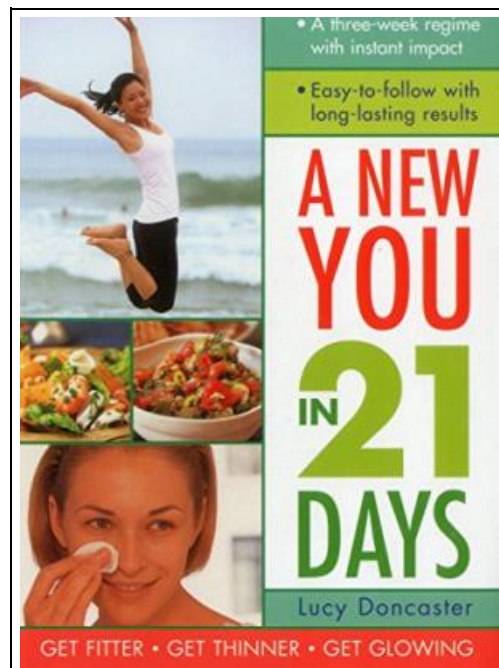


A New You in 21 Days (Paperback)



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Reviews

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.

(Geovanny Grimes)

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Anness Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. This title features a three-week regime with instant impact. It includes easy-to-follow with long-lasting results. Eat yourself slim with this 21-day diet and fitness plan, including more than 80 healthy low-fat recipes and a range of aerobic and toning exercises for the whole body. Complete the transformation with a selection of confidence-boosting top-to-toe beauty treatments. It is packed with tips, advice and full nutritional information as well as easy-to-use meal and exercise planners, all shown with over 500 pictures. Full nutritional information and at-a-glance calorie and saturated fat values are provided. Based on the principle that in order to lose weight you have to cut your calorie intake and increase your activity levels, A New You in 21 Days outlines a healthy three-week weight-loss scheme that will leave you looking and feeling fabulous. There is a range of delicious low-fat recipes - from breakfasts and snacks to light lunches, main meals and even some sweet treats - easy-to-follow aerobic and toning exercises, and expert beauty tips that will help you maximize your assets. With detailed planners, at-a-glance calorie counts and accessible routines, this book will enable you to transform yourself into a slimmer, healthier, more energized you.

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