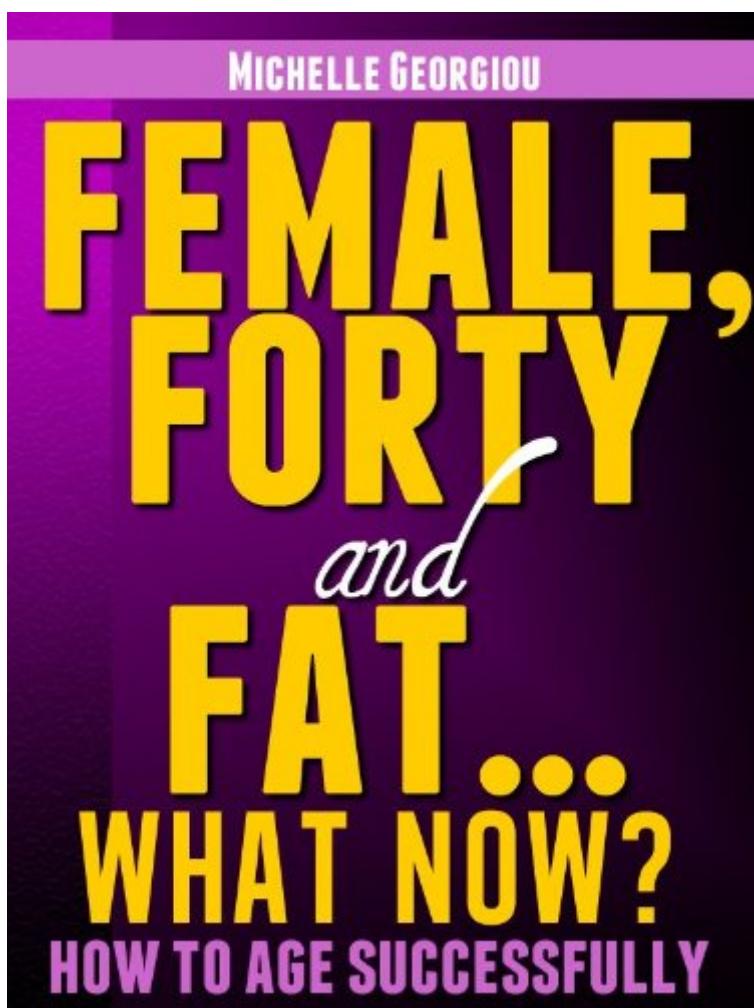


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# Female, Forty And Fat...What Now? (Health, Fitness, And Lifestyle Solutions For Women)



## Synopsis

Female, Forty and Fat...What Now? is THE essential guide for all women who want a better body. Every woman can improve their body, no matter what age or shape. It's never too late. Every woman has the potential to attain a more attractive, sexy body, by lowering body fat levels and sculpting muscle tone. If you're looking for the REAL fountain of youth, you need a guide which covers sensibly structured activity, coupled with long term good nutritional habits, that will allow you to achieve what many pay for by going under the knife. Female, Forty and Fat...What Now? is a concise, body sculpting makeover manual entirely for women. I have designed it to be suitable for every woman, from confused first-timers looking to get started on the right path, all the way to dedicated trainers who are looking for some fresh new idea's. "I have been a client of Michelle for some time now. I have been a "gym-junkie" for many years but never seemed to be getting where I wanted. I approached Michelle about being personal trained and have never looked back. She got me back into the shape of my life which was a hard task after 2 children and a busy social life. She has given me the motivation and knowledge needed to get the result I have always wanted." Angie D. Mid-North Coast. NSW. Australia. If you want to...tone your arms shape your butt find your abs shrink your waistline Then I CAN HELP YOU! But that's not all... Female, Forty and Fat...What Now? covers EVERYTHING you need to know about exercise and nutrition for the beginner starting out at home, and progressing to your first steps into the gym. It has been written by a woman specifically for women...just like YOU... You can be confident that with my 30 years experience in the health and fitness industry you will be getting the best knowledge that is available... YOUR BODY WILL TRANSFORM when you put my program to work for you. "Post-pregnancy I was at a loss as to what to do. I had a lot of unwanted weight and was finding it hard to make time for myself. Before I knew it I felt like I was slowly sinking into a rut that I thought I would be stuck in forever. I purchased Michelle's book, and it has been the motivation I needed to get myself into a healthy exercise and eating plan. My baby bulge has melted away and I was back into my pre-pregnancy shape in no time. The information has helped me to keep it off without turning my lifestyle upside down." Ann-Marie W. NSW. Australia. Imagine being able to have the body you've always dreamed about but never thought you could achieve.... up until now. In no time at all you will be fitting into those outfits that you have not been able to wear for years. And even better than that will be how much fitter and healthier you will feel... Imagine being able to keep up with the family and ENJOY LIFE because not only have you lost unwanted kilos but your fitness has increased enabling you to HAVE FUN.. It truly is possible, but you need to know how. In this guide you will also discover... How to create the body of your dreams. Complete workout routines for all levels ranging from the

beginner at home with no equipment, all the way to your first step into a gym. All workouts come with step by step instructions with clear and concise exercise demonstration photo's so you will have expert instruction on how to perform the routines in correct form.Tons of simple ways to lose unwanted body-fat FASTThe little-known ways to increase your metabolism and turn your body into a FAT BURNING MACHINEProven steps to shape your body the RIGHT WAY for LIFE LONG RESULTSSimple keys to motivate yourself like never beforeDiscover in a matter of minutes how to make the right food choicesCountless proven strategies for living healthier...living longer...living strongerHundreds of tips and tricks for guaranteed success!!!!Once you get you hands on my book you will see how surprisingly easy it is to transform your life...let me show you how!

## **Book Information**

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## **Customer Reviews**

I loved this because it was reasonable, sensible, and upbeat. Georgiou did a fantastic job of showing that fighting nature doesn't have to be an embittering experience. With the right nutrition and moderate exercises (perfect for busy working women), the aging process can actually be an enjoyable one. This book shows the importance of learning to like your body even before you get

into shape. Real studies and thorough, impressive research can help you reach obtainable goals, and helpful charts detailing foods and their functions or mineral content will help you eat your way to better health. I really liked the section on eating to reduce risk of cancer, and their sample eating program shows that body shaping doesn't have to mean deprivation- there's a lot of variety and interest catering to a wide array of taste buds. The information on sugar and toxins was especially eye-opening (let's just say, I'll be incorporating more brazil nuts and quinoa in my diet). Plus, a detailed section shows pictures and step by step instructions for working out, with an actually healthy real woman model, not a depressingly stick thin one. Georgiou's book is an effective way of getting women motivated without tearing them down. The positivity and helpfulness of this book is refreshing and will inspire real change.

online & free at the time

I bought this book through my husbands kindle and I'm really glad I did. I was almost ready to give up on getting back into shape until I read Georgiou's book. This book has inspired and motivated me in many ways possible and I can't even express myself as to how happy I am to have found this. I would recommend this book because it has helped me get back into shape with proper diet and nutrition and exercise. Most importantly I have learned the meaning of acceptance and how to live in a healthy lifestyle.

Aging has always been a big and serious topic between me and my friends. We are all aware that every passing year means that we also have to deal with new marks, wrinkles, spots, etc. It really sounds fearful for women like us. However, this kindle book makes us understand that there is really nothing to fear but ourselves. If we just observe self-discipline and stick to a healthy lifestyle, then we would never have to dread getting old.

This book is very informative and has provided great insights about healthy lifestyle and the importance of being fit especially when you are nearing your forties. This book made me realize that I don't need anti-aging creams or make-up to conceal my age, but just live a healthy lifestyle and face aging with grace.

I really like how this book can motivate women, especially those are aging and having problems with their weight, being fat, that is. This contains information and advices about how one should live in

order to attain their desired body shape or weight, even though they are already reaching their forties. Healthy lifestyle can indeed boost one's well-being!

Yes, this book has helped me realize that and it's got many helpful advice and information about living a healthy lifestyle from nutrition to exercise. This is a very good guide to help people like me get started and motivated. It helps to provide proper path for women who are on their way to their 40s and are not comfortable with their body.

What I like most Of this book was the pictures on stretches. The author explains proper techniques and examples. I really enjoyed this book and plan to use It for my own exercises. I recommend this book for all women who want to get fit.

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