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Fit and Fabulous After 40

By Denise Austin

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc). Paperback. Book Condition: new. BRAND NEW, Fit and Fabulous After 40, Denise Austin, Built around Austin's five-part pyramid plan of exercise, diet, health, beauty and attitude, FIT AND FABULOUS AFTER 40 features a fat-blasting anti-ageing regimen that helps you literally defy gravity and sculpt every inch of yourself with special "stop-the-clock" fitness routines. Austin then shows you how to eat for optimum health and vitality, with delicious slimming recipes that complement the vitamins and supplements she recommends. She also presents invaluable advice on common health concerns, such as menopause, breast cancer, and heart disease, along with suggestions for preventive measures, as well as special beauty tips - including anti-wrinkle exercises. Designed to fit even the most hectic schedules, FIT AND FABULOUS AFTER 40, offers a modern, realistic fountain of youth for every woman who wants to recharge and restore her unlimited vitality.



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