



Shape-up shortcuts

By Jen Ator

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, Shape-up shortcuts, Jen Ator, Most women have enough "to-do's" on their list, and trying to be perfect about exercise and healthy eating isn't the answer to a rocking body. In fact, if a diet and fitness routine feels too strict or time-consuming, readers won't stick to them long term. The solution? Shape-Up Shortcuts, the ultimate collection of fitness and diet tips from Jen Ator, CSCS, and the editors of Women's Health. This must-have manual offers hundreds of smart, effective tips and troubleshooting techniques that help readers reveal their most amazing selves, even if they only have 5 minutes to spare! This title includes: targeted routines that maximize efficiency to get readers in and out of the gym-and into their tiniest bikinis; simple food swaps, quick, delicious recipes, and time-saving kitchen techniques that make cooking a breeze (even for beginners!); and, hundreds of tips that work with their schedules-like two-second life changers, post-workout beauty fixes, and slim-down secrets - to make healthy living stress-free and enjoyable.



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