

Fit After 40: Proven Ways to Win the Weight Loss Game and Get Your Sexy Back (Paperback)



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(Mr. Allen Cassin)

FIT AFTER 40: PROVEN WAYS TO WIN THE WEIGHT LOSS GAME AND GET YOUR SEXY BACK (PAPERBACK)



BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. We all know what to do to get healthy and fit. so why don t we do it? It seems like common sense. We pin workouts and save recipes, we try fad diets and workout challenges, and often end up in worse shape than when we started. What worked at 20 just doesn t work at 40. Getting that sexy back is not just about Exercise and Nutrition - it is also about Mindset. Discover the 5 Mindsets you must have as women to finally get that body that you want. How to change that script in your head from Nothing ever works for me to I am strong and in control. Exercise and nutrition does t have to be complicated. We break down some of the fallacies out there about nutrition, (like nuts are fat not protein!) and help you start out right with Freedom Week - your 5 day restart button to get back on track. We understand that walking into a gym and free weights can be intimidating. Learn some basic exercises, plus key things like breathing and correct form to feel confident in your own skin. You are stronger than you know.



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