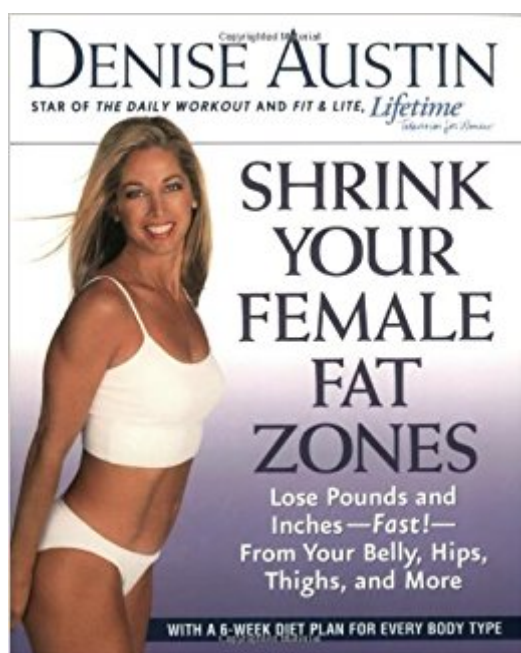


The book was found

# Shrink Your Female Fat Zones: Lose Pounds And Inches--Fast!--From Your Belly, Hips, Thighs, And More



## Synopsis

In as little as 10 minutes a day, you can ... Shrink Your Female Fat Zones! What's a female fat zone? Maybe it's that part of your body that popped out after you had a baby or dropped after you turned 40. It's that area you may try to hide in baggy shirts or pants, the spot where things bind or rub or just stick out the wrong way. If you have a fat zone, fitness and weight-loss expert Denise Austin has designed a program just for you. In just 6 weeks, you'll get the slimmer thighs, trimmer hips, and flatter belly that you've dreamed of. You'll lose up to 2 pounds a week, and wherever you used to pinch your share of inches, you'll be smaller, firmer, and more defined. Denise designed these targeted programs by zeroing in on the most effective diet and exercise tricks to shrink her own trouble spots. Now she's sharing her tips with you! As you learn Denise's secrets, you will:\*

- \* Remodel your body and rev up your metabolism in as little as 10 minutes a day\*
- \* Zip through fun, fast workouts that trim and tone trouble areas\*
- \* Savor 6 weeks of mouthwatering menu plans, developed by a top nutritionist\*
- \* Try dozens of Denise's favorite family recipes and quick cooking hints, with shopping lists that make prep time a snap\*
- \* Track your progress in a motivating, specialized journal\*
- \* Check out before and after photos of women who've seen amazing, rapid results

Say goodbye to your female fat zones-- forever!

## Book Information

Paperback: 432 pages

Publisher: Rodale Books (August 2, 2003)

Language: English

ISBN-10: 1579547346

ISBN-13: 978-1579547349

Product Dimensions: 7.5 x 9.1 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 40 customer reviews

Best Sellers Rank: #995,315 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #2380 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #4576 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

Fitness guru Denise Austin helps you "zero in on your personal trouble spots" while increasing metabolism with this 6-week exercise and eating program. Her formula includes toning workouts

that target the waist, thighs, abs, buttocks, hip, lower back, and upper arms; regular walking and stretching; and eating strategies (not dieting). Her tips are refreshingly sensible: Avoid chronic dieting (it hurts your health and makes you fatter), stretch to decrease stress, fill up on high-fiber foods, eat a balanced diet, build muscle to increase calorie-burning, and walk almost every day. Austin's clearly illustrated and varied exercises use body weight, dumbbells, resistance bands, or a stability ball. A sample exercise schedule takes 15 to 60 minutes a day. For especially busy days, she offers a series of exercises that work two or more muscle groups at once. Austin's "Shrink-Fat Eating Plan" emphasizes portion control, 1,400 to 1,800 calories, and a nutritional breakdown of 24 percent "good" fat, 20 percent protein, and 56 percent high-quality carbs. Whether you just want a foundation to get started or you need a structured, daily program (including menu plans, shopping lists, and daily logs), you can find it here. Profiles of happy and successful followers of the program add interest. Highly recommended. --Joan Price

In as little as 10 minutes a day, you can ... Shrink Your Female Fat Zones! What's a female fat zone? Maybe it's that part of your body that popped out after you had a baby or dropped after you turned 40. It's that area you may try to hide in baggy shirts or pants, the spot where things bind or rub or just stick out the wrong way. If you have a fat zone, fitness and weight-loss expert Denise Austin has designed a program just for you. In just 6 weeks, you'll get the slimmer thighs, trimmer hips, and flatter belly that you've dreamed of. You'll lose up to 2 pounds a week, and wherever you used to pinch your share of inches, you'll be smaller, firmer, and more defined. Denise designed these targeted programs by zeroing in on the most effective diet and exercise tricks to shrink her own trouble spots. Now she's sharing her tips with you! As you learn Denise's secrets, you will:\*

- \* Remodel your body and rev up your metabolism in as little as 10 minutes a day\*
- \* Zip through fun, fast workouts that trim and tone trouble areas\*
- \* Savor 6 weeks of mouthwatering menu plans, developed by a top nutritionist\*
- \* Try dozens of Denise's favorite family recipes and quick cooking hints, with shopping lists that make prep time a snap\*
- \* Track your progress in a motivating, specialized journal\*
- \* Check out before and after photos of women who've seen amazing, rapid results

Say goodbye to your female fat zones-- forever! Denise Austin is the star of Lifetime Television's *The Daily Workout* as well as *Fit & Lite*, television's number one exercise program. She offers regular fitness advice to readers of America's number one health magazine, *Prevention*, in her column "Shape Up with Denise Austin." She lives in Alexandria, Virginia, with her husband, Jeff, and two daughters, Katie and Kelly. Cover design by Carol Angstadt Cover photographs by Hilmar

Also Available: *Shrink Your Female Fat Zones* VHS and DVD (from Artisan Home Entertainment)

Learn to understand the who what and whys and WHERE's to women's weight gain and how to target our own problem areas. I started doing a few of these exercises that I saw in a women's magazine and in 6 wks time I had dropped at least a dress size. Which in turn gave me the signal to order this book if just those few did so much. The result? I went from a 180 lbs to 135 lbs. I didn't BULK UP ... I toned up and learned how to exercise correctly. It has now been 7 yrs. I continue to recommend this book. I give this book to friends and family. Even my own daughters. Young AND Old as this is low impact. You'll be amazed at how far you can go, how much you can attain and the strength you will gain. I have also purchased now several of her DVD's but they are not necessary unless you enjoy having a program set to music and an instructor. If you like just doing/going on your own, then read this book and follow it's easy 6 wk plans. I will never have to look for some other method in keeping fit especially at my age (in my 50's).

this is probably one of Denise's most thorough books that I have ever read. It explains why women usually get more fat cells than men, but how to successfully outsmart them. She suggests a walking program for cardio, and even tells you how to pick out a walking shoe. However, almost any cardio workout could be substituted if you'd rather do that than walk. Next, she explains the "fat zone" areas. She gives sample workout weeks, based on your fat zone. For two weeks, you do the same lower body, upper body, and midsection exercises. You switch to a new set for weeks 3-4, and for 5-6. All the exercises are listed under the appropriate fat zone area, and give thorough instruction and pictures. She offers a variety of meals, and every week, you learn a new habit such as portion control, eating enough fruit, good fat/bad fat. There are also daily worksheets (you have to make copies for each week, since there is only one for each week in the book). It stresses the importance of not hopping on the scale every day, and to take measurements since you could be gaining muscle weight but still losing inches. This program is very effective by switching up the routine every two weeks. I've already lost 8 inches, and I'm not even to week 6.

I really thought the book is great. I have used other Denise Austin products, DVDs and etc. and I think she has a good approach to fitness for those of us who want to be fit and don't really count as fitness buffs or gym monkeys. Following her advice and plans will make you more fit. I have lost several pounds and several inches by following her plan. I never feel hungry and I don't have cravings like I used to have, maybe because of the encouragement she peppers through everything she does. Many of the recipes were well received by my family so I don't need to make special

meals to stay on her plan. If you are not a real fitness buff but want to get fit to live longer, I suggest you give this book a serious fair try. I think you will be glad you did.

By simply following the exercises in this book I quickly and easily shed pounds. I didn't even get to the point of following the recipes and for the first couple of weeks I wasn't so good at following the walking and had to work up to the time recommended...and yet I was still losing weight. If you suspect you are even more out of shape than you'd like to admit and want something that will only take a few minutes a day and is DO-ABLE; This is it. Buy this book and a set or two of dumbbells, exercise your 5 days a week and laugh at yourself when your pants won't stay up and that snug T shirt keeps falling off your shoulders and you can't wear either out in public anymore.

There are some really smart workouts to try in this book. I wish that people who made workout books would make corresponding wall charts, because it is hard to do some moves and refer to the book. I've done them enough that I have my favorite moves memorized. I confess I didn't read much of the front of the book on dieting. I did use some of the grocery lists and some of the recipes included. I really like the Chicken, wild rice and pine nuts recipe. This book is a good edition to the bookshelves of people who like to live healthfully. There are a lot of exercises in this book that once remembered can be improvised just about any where you go. The layout of the book is great, it's easy to follow, easy to understand. I only gave it four stars because not everything can be a five. (woh oh this book has a dvd to compliment it, I'm going to get it and check back with you)

I'm 5'4" and have always weighed 115-120 lbs. After giving birth to my daughter, I weighed 147 pounds. I didn't exercise during my pregnancy, and I didn't start trying to re-gain my pre-pregnancy figure until after my 6-week postpartum check-up. The first time I went to the gym, I came home crying, because I was very much out of shape, and unable to accomplish anything on familiar weight machines. Instead of heading back to the gym, I ordered this book, and now I'm back down to 115 lbs. My friends and family keep telling me how great I look for someone who just had a baby three months ago. This program has been great for me, as a new mother. 1) The exercise program includes a lot of walking, which my baby loves! 2) The recipes are quick and easy to prepare. 3) Denise has written out grocery lists which save me tons of time. This book is great for busy new moms who want to shed pounds from pregnancy.

My wife checked this book out at the library and mentioned that she would like to get a copy. I got

her the hard copy and she really likes it.

Excellent Service.Received book on time.

[Download to continue reading...](#)

Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Lower Body Solution: Shrink Your Hips, Thighs, Butt and Belly with This New Exercise Program for Women Only The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)( Vegetarian, Ketogenic, Low Carb) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) 8 Minutes in the Morning to Lean Hips and Thin Thighs:Ã A Lose Up to 4 Inches in Less Than 4 Weeks--Guaranteed! Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Get Rid Of Fat Thighs: Discover the seven myths that contribute to weight gain, and foods that wonÃ A t pack fat on your thighs. The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed to Shed 4-12 Inches and 9-21 Pounds of Stubborn Belly Fat How To Tone Your Thighs And Lose Belly Fat By Riding A Bike! Ketogenic Diet for Dummies: How I lost 10 lbs & 2 inches Off My Belly and Hips in

Just 45 Minutes a Week (My fitness program weight loss and build muscle by Martin Jackson)  
Shrink! Shrank! Shrunk!: Make Stylish Shrink Plastic Jewelry Burn Belly Fat: 31 Ways to Melt Fat  
Around Your Belly & Tone Your Abs!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)