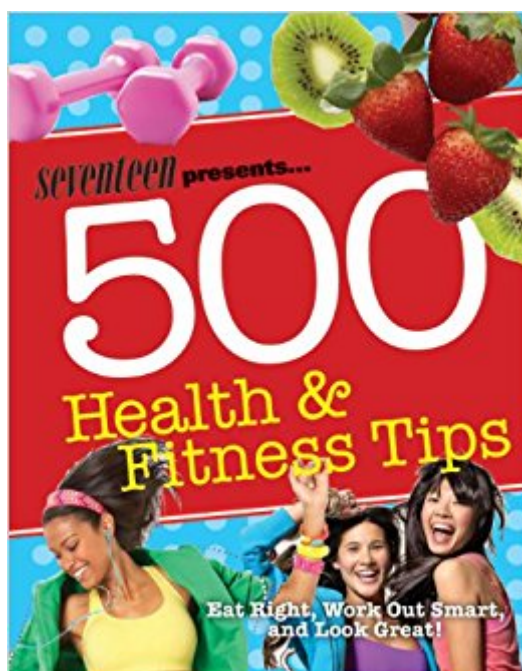


The book was found

Seventeen 500 Health & Fitness Tips: Eat Right, Work Out Smart, And Look Great!



Synopsis

With Seventeen's great workouts and nutrition advice, any girl can get in super shape in time for spring break-without resorting to unsafe or fad diets. The third in Seventeen's popular 500 Tips series, this chunky, colorful volume focuses on eating right rather than dieting, and takes real life into account by suggesting better choices at the fast-food joints where friends typically gather. Fitness guidance comes from Seventeen's celebrity trainers, who reveal how their clients got their tight bodies and offer 33 star-proven, butt-blasting, boredom-ending workouts. They're designed specifically to keep your energy high, and include: o Radu Teodorescu's Workout in the Park o Ramona Braganza's Event Ready in Two Weeks o Keli Roberts's 17-Minute Total Body Workout

Book Information

Paperback: 528 pages

Publisher: Hearst; Original edition (January 4, 2011)

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Product Dimensions: 5 x 4.1 x 1.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.9 out of 5 stars 14 customer reviews

Best Sellers Rank: #1,476,616 in Books (See Top 100 in Books) #39 in o Books > Teens >

Personal Health > Fitness & Exercise #64 in o Books > Teens > Personal Health > Diet & Nutrition
#284 in o Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

For 60 years, Seventeen has been a strong voice for young women. Seventeen is America's largest selling teen beauty and fashion magazine, each month reaching 13 million readers nationwide.

I love this book. It is perfect for those like me who hate to exercise, but know it is something you should do. The book contains exercises as short as 10, that is ten minutes. I did as instructed and in 10 days, those closest to me could see a difference. I plan to try some of the other ones soon. The icing on the cake is the book's size. It is easy to travel to with as it takes up less space than a pair of pumps. There is no longer a reason to skip exercising.

My girlfriend bought this and was very displeased with it. The book is about the size of notecards

and it just goes over anything that was in the magazine. So if you already get the seventeen magazine, she would say to pass on this purchase because you probably already know everything that's in it.

I had been pinning for this book forever. When it went on sale I grabbed and hoped for the best. This book, despite its small size, is definitely full with new and fun work-outs. I shared it with any friends interested in working-out but didn't where to start. I love the fitness and health tips offered and would recommended to any looking for easy and fun approach to leaving healthy.

smaller than anticipated, I bought this knowing FULL well that it was just the fitness sections of previous issues of the magazine, that is what I was looking for and what I wanted, I got that. It's probably half the size of a romance novel. I have checked out other books by seventeen at my local library and they were all the size of a box of cheese nips, I'm dissapointed, but at least I got what I wanted

The book is a lot smaller than I thought it would be, about 5 inches long... but I really like it for all the work outs. There are a ton of work outs, all different types. I can't wait to try them all. The eating tips were mostly stuff I already knew though. If you are looking for workouts to try, definitely get this.

It's a small but pretty thick book. Each page tells one workout each. It's really helpful, many different types of workout, for slim legs or all over bikini workout. Has tips on food towards the end. I really like it and its small enough to fit in a small purse. I would recommend this item to any body who was a quick workout.

My daughter is a teenager who is always worried about how she eats and fitness. She saw this book advertised in Seventeen Magazine. It's been over a year since receiving this product and she still uses it. It's a small, 'fat' book filled with truely "500 Health & Fitness Tips".

This book had TONS of great tips! there were at least 100 different exersizes and i found them to work very well! i would definatly recommend this book to someone looking for a good workout!

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