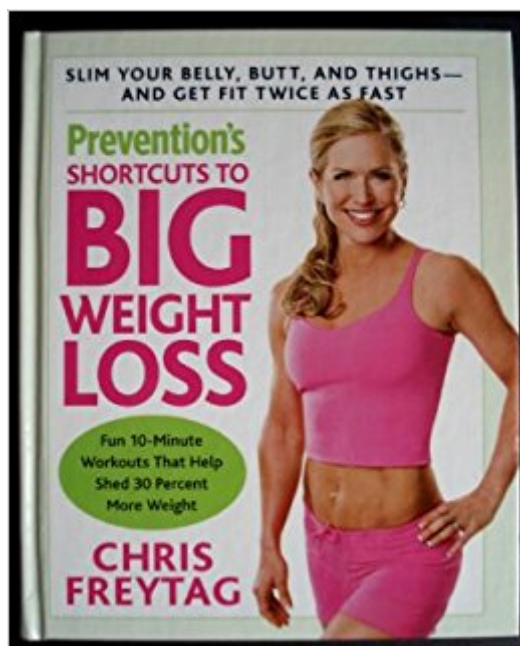


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# Prevention's Shortcuts To Big Weight Loss



## Synopsis

2007 Rodale hardcover, Chris Freytag (Choose This! Delicious Recipes Made From Simple and Nutritious Ingredients). Getting slim, fit, and toned often seems like a daunting challenge. That's why Prevention, America's leading health magazine, has developed proven shortcuts that work. Prevention contributing fitness editor Chris Freytag details how you can lose up to 30 percent more weight than you can with traditional 40-minute exercise programs. The secret is fun, fast 10-minute workouts that blast fat.. -

## Book Information

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## Customer Reviews

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Over the past year I have lost weight and managed to maintain it. The only problem was I felt like I was a slave to an hour long workout session 5 days per week. This book changed my thinking! Chris presents a way to think about exercise in 10 minute chunks. You can squeeze them in throughout the day instead of skipping workouts because you do not have the time. Her "plateau busting" workouts are worth the price of the book alone. She has many workouts that you can mix and rotate so that you do not get bored. And they are easy to follow, something I have not found

with other books. And instead of having to be in a room by yourself doing a DVD, you can hang out with the family watching a TV show while you blast through the calories. Who knows? They may even follow your good example and join in. Mine did. Chris also gives good nutrition advice that helps you get on a healthy track. In summary, whether you are just starting a fitness program (in many ways this book is geared for those starting out) or a seasoned gym rat, this book has something to offer. Shake up your thinking and exercise routine today!

If you've read diet books in the past, it does have a lot of the same old stuff. The bottom line is eat less, eat healthier and work out. There are no miracle diets. However, this book does give you some great ideas for the time challenged, which I am. I leave the house at 5:40 a.m. and get home about 12 hours later. I have a husband and a 7 year old. There is very little time for me. After reading this book, however, I at least force myself to get in a few minutes here and there. When I get home from work, I figure there's no reason I can't at least do something for 10 minutes. I like weights, and you can accomplish a lot in 10 minutes. Cardio... I'm still working on.

I prefer having a book to workout from when I am in a time crunch. So this book works out perfectly for me. Now there is some recipes and other "diet" tips in this book but more of my focus wanted to be on the exercises. She has a plethora of workouts ranging from 10 minute workouts for all over body tone, cardio, and specific body toning such as legs and glutes and abs and arms. I am trying to get my body back in shape so 10 minutes is really more of a starting point really. It took me more like 15-20 minutes. I didn't want to rush through some of these workouts. Especially the ones that involve using weights. All in all this is definitely a good book to have around when you need a quick jumpstart back into being healthy.

This is my 5th purchase of a Chris Freytag product - which says a lot. She is motivating and her workouts are positive and fun. She wants everyone to be the best that they can - and her positive attitude and RESULTS motivate you all the way

I actually expected something a little different regarding weight loss, exercise & diet. This is just a repackaging of the same old advice---exercise & eat less! Author simply breaks up exercise into shorter sessions. Save your money & go to a gym!

I love this book. I agree with another reviewer that the routines are very easy to follow, clearly

explained, and there's plenty of them to keep you going for some time. Before buying this book, I had been working out for 7 months and lost 35 pounds. I was SO BORED of my exercise routines, and I hit a plateau. After I started doing the 10 minute workouts described in this book, my body started feeling sore again the day after working out... It felt challenged! :) And I feel great. Goodbye, plateau! Worth the money. Buy it.

The problem with most exercise programs and routines usually has to do with the complexity of commitment to either investing in expensive equipment or having to go all out and join a gym. When there are extremes and no mid-ground, everyday folk are left with doing nothing at all. What I like about Chris' program is the small 10-minute bites and chunks will also work, and it has a tremendous advantage over sitting there making excuses and doing nothing.

This is a great buy! I need to lose 30 pounds but just cannot seem to get myself started or motivated. I was looking for motivation and good solid information presented in a way that I understand and is easy to access and this book definitely fit the bill. I love the layout of the book and the charts that are provided (I am a list and chart person). I have been using them to keep track of my efforts. There is a section on finding time in your schedule to be active which I thought was very helpful. I really like the author's "lifestyle shortcuts" and have been trying to heed her advice and tie her suggestions through my entire lifestyle. There are also photographs of exercises provided that walk you through various exercises and routines-they are very helpful. I think this book is an excellent choice no matter where you are on the fitness spectrum: it is full of great info and who can't use a little extra motivation!

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