

A group of six young women are posed outdoors on a paved path. They are all smiling and wearing athletic clothing. The woman on the far left is holding a basketball. The woman in the center foreground is wearing a dark long-sleeved shirt and shorts. The woman on the far right is also wearing a dark long-sleeved shirt and shorts. The background shows some greenery and a building.

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The 28 Day Jumpstart Challenge

A #FitGirlsWorldwide eBook

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Anita Naik



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The Lazy Girl's Guide to Being Fit Namrata Purohit, 2015-07-21 Get smart get moving Most of us want to be fit and healthy but get stuck in a rut we just don't have the will power to get up and move What is the incentive for you to get off that couch and work out when you have all three seasons of Game of Thrones waiting for you Almost everyone wants to be fit but they just can't muster up the effort to do so If you are like them then this book is for you The Lazy Girl's Guide to Being Fit is about the first few steps you need to take to go from a sedentary lifestyle to an active one because that's the biggest challenge for a couch potato movement It's all about finding the balance in your life This book will show you how exercise can take the guise of several daily activities be it shopping or going on a picnic and how eating right can solve half your problems The easy and effective exercise routines contained here will get you fit in no time The body can be beautiful if you know how to put it to use and have fun doing so And this is exactly what this book will show you *The Lazy Girl's Guide to Losing Weight and Getting Fit* A. J. Rochester, 2005 AJ Rochester has always been a lazy girl She knows how hard it is to lose weight and exercise and keep inspired about it to boot especially when she'd much rather curl up with some chippies and watch Carson on Queer Eye After losing a staggering forty five kilos and writing about it in her bestseller *CONFESSIONS OF A REFORMED DIETER* hundreds of desperate women wanted to know how she did it Forget Dr Phil the clothesline and Atkins this is an easy fun and effective guide for any lazy girl who needs to lose weight and get results that last *THE LAZY GIRL'S GUIDE TO LOSING WEIGHT AND GETTING FIT* is a simple step by step program and details the nuts and bolts of how AJ lost weight and has helped over 200 clients through her 5 Kilo Club at Fernbank Fitness Centre There's no starvation no low carb torture and no weights and measures AJ focuses on achievable goals having fun and loving yourself while you make the biggest changes in your life Lazy girls will love AJ's insights on the foreword by Mia Freedman editor of COSMO magazine getting started the basics and what how much and when to eat the serious issue of emotional eating and how to combat it popular diets and why they don't work fine tuning your new lifestyle living a normal life and keeping on track how to exercise getting off the weight loss plateau fit kids not fat kids stepping outside your comfort zone with exercise sport team sport etc the four week eating plan and 12 week exercise guide the food diary the Q and A the recipes and finally the contacts and services **Tone It Up** Karena Dawn, Katrina Scott, 2015-05-05 Karena Dawn and Katrina Scott the founders of the Tone It Up fitness and health brand have taken the world by storm with their fun energetic girlfriend to girlfriend approach to getting fit In their Tone It Up book the girls genuine relatable philosophy is boiled down to a 28 day program that incorporates fitness routines nutritional advice and mental and spiritual practices to transform readers bodies attitudes and lives Dawn and Scott take a holistic approach to fitness including the same principles in their book that make their brand so popular a sense of community empowerment and lightheartedness in every healthy feel good technique they recommend Dawn and Scott will help readers get FIT With daily fitness challenges workout plans healthy eating tips and delicious

recipes readers will be on their way to the strong sexy body they re after FIERCE Dawn and Scott will empower readers to be their best self motivators by aligning their minds and bodies with their intentions through visualization exercises daily meditations confidence boosting tips and dares to move outside their comfort zones FABULOUS This is the fun stuff beauty sparkle friendship inspiration joy and all the things that give readers that unmistakable glow so they radiate from the inside out

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