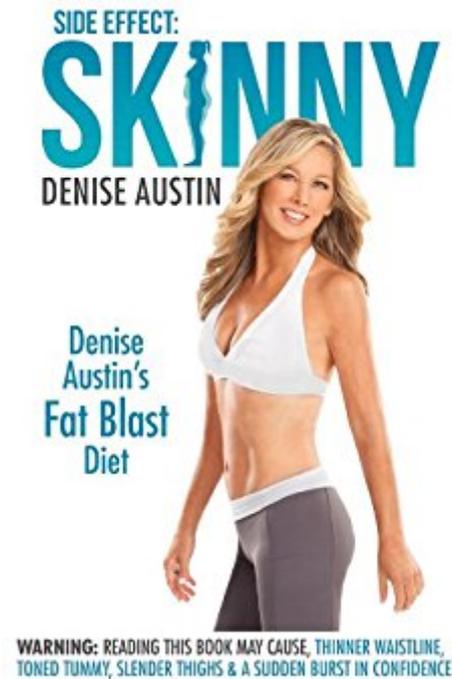


The book was found

Side Effect: Skinny: Denise Austin's Fat Blast Diet



Synopsis

It's a common sentiment among all women: we want to be fit, we want to get healthy, and we want to have more energy to live our busy, beautiful lives! Denise Austin, the internationally-renowned fitness guru, understands women's wants, needs, and the hurdles that they face. In her newest book, *Side Effect: Skinny*, Austin shares her secret fat-blast diet and healthy, delicious eating plans, alongside her fun and effective workout regimens. A culmination of Austin's decades of research and experience getting real-life women to look and feel their very best, *Side Effect: Skinny* introduces easy-to-implement weight loss solutions and simple yet powerful methods that encourage women of all ages to stay fit. She's redefining "skinny" and showing you that you don't need to be rail-thin to look gorgeous and live healthier. Possessing straightforward, real-life health tips, meal plans and fitness solutions, *Side Effect: Skinny* reveals:

Book Information

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Customer Reviews

Side Effect Skinny is more a lifestyle plan than a "diet" book. In it Denise Austin states that "there are no more excuses why you cannot lose those last 10 or 20 pounds that have been haunting you

forever." She walks you through reasons to lose weight, the importance of fitness, menu plans, and recipes. Denise uses calorie confusion and muscle confusion as the basis for the plan. Instead of sticking to a certain calorie count everyday she suggests cycling through calorie counts two days at a time with a "Super Splurge" day. what's nice about the "Super Splurge" day is that there is still a calorie limit and a practical breakfast and lunch. There are also a few recipes in the back to assist with the new plan. Depending on your goals, there is a Phase 1 and a Phase 2 before you move onto incorporating the plan in your lifestyle. Phase 1 has several low calorie days (below 1200 calories), some average and then your "Super Splurge" day which is always 1500 calories. There is advice for signs and symptoms that you may need to increase your intake but the diet itself is not based on the persons individual size. The fitness part cycles weight training with cardio. The cardio plan itself is an interval walking plan at 30 minutes. It's easy to follow and does produce a sweat. The weight training is a little light. There are only seven compound moves and weights of 5-8 pounds are the recommendation. It is odd that she includes newer techniques such as calorie confusion and muscle confusion but still holds onto old school thoughts about women and weights. On the flip side Denise Austin looks great and it's clearly worked for her. Overall, Side Effect Skinny, is a great plan filled with practical advice and a solid plan.

Normally when review books I try to stick to areas with which I'm most comfortable - pastoral care, family interests and church matters. Today, I'm stepping out of the comfort zone to let you know about a book that could very easily have a major impact on your life for years to come. Side Effect Skinny: Denise Austin's Fat-Blasting Diet punches both your fat cells and your guilt gene in all the bad, bloated areas while encouraging the "skinny" you to run away from cravings and master those tough temptations. Could it really have a major impact on your life for years to come? Absolutely. Too early in my marriage and ministry I neglected my physical health in the name of being "too busy" to go to the gym, both my marriage and ministry began to suffer. About four years ago that changed when I realized that I needed to pay more attention to my physical health so that I could remove stress, take care of myself for my wife and children's sake and actually be more productive on a daily basis. Side Effect Skinny backs up that hypothesis by teaching a balanced approach to a healthy lifestyle that includes exercise, proper eating habits and getting enough rest. So, who is Denise Austin and what qualifies her to write her latest book? According to her online bio Austin, Denise Austin is a pioneer in the fitness industry who has sold more than 24 million exercise videos and DVDs, authored 12 books on fitness, and starred in the longest running fitness show in the history of television. Denise's trademark zest for life, positive outlook, and can-do attitude have

endeared her to millions of fans across the country -- and around the world -- and earned her the reputation as "America's favorite fitness expert." A native of San Pedro, Calif.

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