

# Fit For Life

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**Young for Life** Marilyn Diamond 2013-04-02 One hundred and seventy millions Americans are obese. Thirty million are "skinny fat," not outwardly big but inwardly nutrition deficient. The authors of this book, both staunch vegans for decades, were among the "skinny fat." After witnessing accelerated aging, Marilyn Diamond and Dr. Donald Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive. Young for Life begins with the premise that our bodies are miraculous machines that have the potential for life-long vitality, sexuality, and youthfulness, and then shows how to reverse the signs aging through three key life-changing practices: - Whole Food nutrition for vital nutrients that combat genetic aging - Convenience exercise-6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere - Disease-prevention-fighting nutrient deficiency with micronutrient supplements  
**Becoming Unbreakable** Kate Galliett 2022-02 It is deeply frustrating to find yourself living in a body that feels like it's falling apart, with a list of aches and pains that grows longer every year. Worse still is realizing how feeling broken is negatively impacting your quality of life. But it doesn't have to be that way. No matter your age, no matter where you're starting from, it's never too late to take your body from broken to Unbreakable, and to experience living in a body you love. By showing you how to become the foremost expert in the care of your body - and your life - Becoming Unbreakable is a blueprint for change. It breaks down the myths that getting old means feeling bad in your body, and that figuring out your health is too complicated for you to tackle on your own. Becoming Unbreakable starts out as a journey to figuring out the aches, injuries and symptoms you've racked up over the years... and winds up as an invitation to transform your experience of living in your body, by finding the incredible freedom an Unbreakable Body gives you to fully live your life.

**Fit for Eternal Life** Kevin Vost 2007-01 Train for strength in body and soul! Catholic psychologist and veteran bodybuilder Kevin Vost shows that God's command to "be perfect" applies not only to our moral life, but also to our bodies. Dr. Vost explains the basic principles of strength and endurance training and then helps you assemble an effective, personalized workout program that can be performed in as little as twenty minutes per week, leaving you plenty of time (and energy) to be an active Christian parent, spouse, and disciple.

**Mucusless Diet Healing System** Arnold Ehret 2012-05-07 This scientific method of eating, developed by Ehret in 1922, presents a complete, workable program for cleansing, repairing, rebuilding, and maintaining a healthy body. This book lays out Professor Ehret's simple and logical plan in plain, understandable language so that anyone can apply the Ehret method.

**Fit for Life: A New Beginning** Harvey Diamond 2010-12-21 Backed by a new infomercial, this thoroughly revised and updated resource presents a simple, natural eating program for permanent weight loss and healthy living that, with a proper combination of foods, enhances the body's metabolic processes, reduces weight, lowers cholesterol and much more. Reprint.

**Live Fit for Life** Ryan Jennings 2012-07-01 Written from the heart, Live Fit For Life is a concise and impactful guide to changing lives by embracing reasonable, positive change to enable a fit and healthy lifestyle. This book does not promote fad diets, gimmicks or the latest offbeat exercise. Real people with real responsibilities can achieve healthy and fit lives and Live Fit For Life is your guide. Today is the day to begin your journey.

**Fit for Life** Saba Moor-Doucette 2018-07-30 It's never too late to get back into fitness and reverse the aging process. Saba Moor-Doucette is the perfect example. At sixty-eight, she challenged herself to compete as a Bikini Diva/ Sports Model, and, at seventy-five, ended up an undefeated six-time International Senior Division INBA Bikini Diva Champion. Now she shares her story, her secrets, and her inspirational message with everyone in FIT FOR LIFE, Think It, Do It, Be It. Saba documents her amazing journey and shows us how everything begins with the thought. First, we think it, then we do it, and finally, we embody it, and become the person we've always dreamed of being. She walks us through her process step by step, with empowering affirmations, visualizations, eating tips, exercise tips (even exercises you can do in your car), and lifestyle and anti-aging tips that will keep you looking young and fit for life. She even has a list of the best products and food brands she used to get to her goal. Saba actually becomes your personal fitness and lifestyle coach as she educates, urges, and inspires every reader with her humor and enthusiastic positive approach to life. And, best of all, FIT FOR LIFE shows us how the Think It, Do It, Be It method can work to help you achieve any goal you set for yourself.

**Eating for Life** Bill Phillips 2003 The popular fitness author explains how to achieve a healthy lifestyle and avoid dieting by planning balanced, nutritious meals and offers 150 nourishing recipes for breakfasts, lunches, dinners, and desserts.

**Fit for Life** Harvey Diamond 2010-01-01 There is only one concept to grasp and only one action to take: Eat more living food than dead food. The simplicity of this message has eluded people up to now. In fact, it may seem oversimplified. Because of past frustrations and disappointments, people have come to believe that losing weight is complicated, difficult and expensive. Truth be told, all that is required to reap the myriad benefits of Harvey Diamond's program is to return to the fundamentals of life. The human body is intelligent and capable beyond anyone's comprehension, but in order to unleash this extraordinary intelligence-including that which normalizes body weight-the proper fuel is required. That fuel is living food. But for some inexplicable reason, people have allowed themselves to believe that they can give their bodies the wrong fuel and then have it operate at optimum efficiency. And that is why most people become overweight. This book offers not a diet, but a lifelong way of eating that allows the eating experience to remain a joyous one, rather than a clinical endeavor of measuring portions, counting calories, calculating grams of fat, carbohydrates and protein, or ingesting meal replacements. It teaches readers how to eat any food in the most healthful way so there is no feeling of deprivation. As readers embark on this life-changing journey, they will experience the surge of energy and well-being that only comes as the automatic result of properly fueling their bodies. Providing deliberate, gentle and forgiving guidance every step of the way, this book will become readers' trusted source and companion as they create a new way of eating and living, which will lead to both overweight and poor health becoming conditions of the past.

**Live Long, Live Strong** Patrick Dale 2013 People are living longer than ever before. Medical science, reduced risk of injury and improved technology mean that many will live to see their 80s, 90s and even 100s. But, while we are living longer lives, are we living better lives? Despite improved longevity, many people experience a significant reduction in quality of life as they age - many spend their golden years virtual prisoners in their own homes due to physical and mental incapacity. This is especially sad considering that many aspects of both physical and mental decline can be delayed if not almost completely avoided. Live Long, Live Strong is a guide to combining sensible exercise for both your body and mind with a nutritional plan designed to address many of the conditions that commonly plague older people. It also includes information on improving brain power and minimizing your risk of suffering a fall - one of the leading causes of becoming housebound. This comprehensive book addresses all aspects of mature health so that readers will be able to take on Old Father Time and give him a run for his money!

**The Fit for Life Cookbook** Marilyn Diamond 1991 Moving away from cooking with animal products, this collection of healthy recipes comes from the author of Fit For Life and Living Health.

**A New Way of Eating** Marilyn Diamond 1993-09-01 The essential companion volume to Fit for Life is one of Warner's most popular diet and health cookbooks. Readers learn how to prepare and combine foods into a variety of great-tasting and healthful vegetarian dishes.

**The 100-Year Life** Lynda Gratton 2020-05-28 \*A new edition of the international bestseller (a #1 bestseller in Japan), featuring a new preface\* Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time? Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse - life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help.

Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. · How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? · What are the most effective ways of boosting your physical and mental health over a longer and more dynamic lifespan? · How can you make the most of your intangible assets - such as family and friends - as you build a productive, longer life? · In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award and featuring a new preface, The 100-Year Life is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also fundamentally a call to action for individuals, politicians, firms and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.

**The American Vegetarian Cookbook from the Fit for Life Kitchen** Marilyn Diamond 2009-12-19 Over 500 mouth watering recipes designed to keep you and your family satisfied and enthusiastic.

**Body For Life** Bill Phillips 1999-06-10 Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes, among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis who have turned to Phillips for clear-cut information to enhance their energy and performance. People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover Body-for-LIFE is much more than a book about physical fitness - it's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know - not believe, but know - that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down-to-earth, Bill Phillips guides you, step by step, through the integrated Body-for-LIFE Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the Power Mindset™; How to create more time for everything meaningful in your life; How to trade hours of aerobics for minutes of weight training with dramatic results; How to make continual progress by using the High-Point Technique™; How to feed your muscles while starving fat with the Nutrition-for-LIFE Method™; How thousands of ordinary people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the Body-for-LIFE Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

**Summary of "Atomic Habits" by James Clear - Free book by QuickRead.com** QuickRead Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn about the easy and proven way to build good habits and break the bad ones. What's a habit? If someone were to ask you about your daily habits, you might need some time to think about them. That's because a habit, by definition, is an act that you perform automatically by instinct. Like when you walk into a dark room, you instinctively turn on a light switch, right? Habits are actions you don't even have to think about, which is why you might not realize how a small daily action can have a powerful effect on your life. If you're saving a dollar a day or smoking a cigarette a day, these actions may not seem like much now, but twenty years from now, those habits can either make you rich or, unfortunately, kill you. That's why it's important to understand how habits are formed, so you can learn how to kick the bad habits, implement the healthy ones, and take back control of your life.

**Living Health** Harvey Diamond 1989

**Fit for Life!** Rachael Whittle 2015 Written for the new Australian Curriculum: Health and Physical Education. The 10 chapters mirror the 10 Focus Areas, and the curriculum dot points are explicitly covered. A very visual text that is easy to read. An Australian-wide author and reviewer team of experienced classroom teachers. Skills acquired through fun activities. Questions and answers.

**Fit for Duty, Fit for Life** 1991

**Fit2Fat2Fit** Drew Manning 2012-06-12 Drawing from the lessons and insights of his breakout website, Fit2Fat2Fit.com, personal trainer Drew Manning delivers the story of his quest to go from fit to fat to fit again in one year in order to better understand the weight-loss struggles of his clients and the online community. Drew embarked on this journey to prove to clients, website followers, and people across the country that it is possible to get back into shape—and his bottomless desire to kindle a new hope for his readers comes through on every page of Fit2Fat2Fit. With before and after (and after...) photos to that tell their own striking story, and intimate reflections from Drew's wife Lynn, Fit2Fat2Fit is more than a spectacle or a gimmick; it's an inspiring story, and sound proof that anyone can reach the level of fitness they desire to make themselves happy.

**Thoughtfully Fit** Darcy Luoma 2021-06-01 Your mind is like your body. Train it right, and it'll become stronger, faster, and more agile! Grounded in simple yet proven strategies, Thoughtfully Fit trains your mind to perform well under any challenging circumstance. It helps you identify your strengths and weaknesses, maximize your full potential, and customize a plan for success. Developed by Darcy Luoma, one of America's most highly credentialed leadership coaches, Thoughtfully Fit is the culmination of her lifetime work training leaders and teams to achieve peak mental fitness and overcome any hurdle effectively. Luoma is no stranger to life's challenges, one of the biggest being her husband's incarceration for a sexual assault case against a minor. Breaking down and giving up was not an option for her or her young daughters, so she relied on what she knows best: coaching and the Thoughtfully Fit® model revealed in her book. Through personal stories combined with concrete skills, Thoughtfully Fit draws on the same principles of being physically fit - like flexibility, agility, and strength - to train you to be mentally fit for life's challenges, big or small. After reading this book, you will learn how to: improve communication strengthen your relationships have less conflict, resentment, and regret have more energy for the things you love live with greater intention Luoma has been where you are, and she will equip you to overcome whatever obstacles life throws your way!

**Fit in 10: Slim & Strong—for Life!** Jenna Bergen Sutherland 2017-12-26 Based on the successful video franchise from Prevention, Fit in 10 is a plan for even the busiest woman: exercise for 10 minutes per day and prep clean recipes in 10 minutes or less. Most women already know, more or less, what they should be doing to keep their bodies healthy and strong. Eat right, work out, and be mindful—but who really has the time for all of that when work is crazy, the kids are waiting for dinner, and there just aren't enough hours in the day? It turns out, you don't need hours: just 10 minutes! Based on cutting-edge research and designed for real women, the 60-day Fit in 10 plan offers proven results without endless hours at the gym or cooking elaborate meals. Working out for just 10 minutes per day and spending 10 minutes or less creating healthy, delicious meals will result in a faster metabolism, slimmer waistline, reduced pain, and overall improved health and mood. Fit in 10 is a lifestyle, not a diet. Prevention has developed this program to help you boost your commitment to a healthy, active life. The book includes a 10-day clean-eating jumpstart meal plan, 85 healthful, delicious recipes to the 60-day training plan that will help you form new exercise and eating habits that will improve your health and tone and tighten your body. The 10-minute "Life Changers" throughout the book encourage and empower you to prioritize yourself and stay on track to meet those goals long past those first 60 days.

**That Fit Life** Jeremy B. Goodman 2021-12-14 Are you struggling to lose weight and looking for an effective method that will get you results? This book will show you how to live That Fit Life and how to transform your life, lose weight, and keep it off! Author Jeremy Goodman has a method that will help you become the best version of yourself. He is on a mission to help as many people as he can overcome weight loss

struggles and help them reach their health and fitness goals. He has a deep passion for helping people and his personal experience and knowledge can help make a difference in your life. Jeremy's been where you're at. He lost over 100 pounds and has gone through a life-changing transformation using the principles in this book. He has the unique ability to bring out the best in others and help them reach their full potential. Now he is here to help you! In this book, you'll discover: - Key lessons and principles used to transform mentally, physically, and spiritually. - A blueprint for losing weight and keeping it off for good; The Fit Life Pillars. - And more... This book will remove all the guesswork and focus on the important actions to help you transform your life. Be more, do more! Let's go!

**Fit for Life** Harvey Diamond 2003-12-15 Offers a lifelong way of eating that encourages readers to eat raw foods and to eat any food in the most healthful way as a means to achieve permanent weight loss, improved health, and longevity.

**Exercise 2004**

**The Fit for Life Solution** Harvey Diamond 2002 Regain the buoyant flexibility of a young child while maximising your power and strength. Features: Own an illustrated guide to the thirty-six most effective techniques for super-flexibility; How the secret of mastering your emotions can add immediate inches to your stretch; How to wait out your tension the surprising key to greater mobility and a better stretch; How to fool your reflexes into giving you all the stretch you want; Why contract-relax stretching is more effective than conventional relaxed stretching; How to breathe your way to greater flexibility; Using the Russian technique of Forced Relaxation as your ultimate stretching weapon; How to stretch when injured faster, safer ways to heal; Young, old, male, female learn what stretches are best for you and what stretches to avoid; Why excessive flexibility can be detrimental to athletic performance and how to determine your real flexibility needs; Plateau-busting strategies for the chronically inflexible.

**Stay Fit For Life** Joshua Kozak 2017-10-05 Restore strength and balance to your everyday movement with 62 functional exercises, targeted routines, and three four-week fitness programmes from exercise guru Joshua Kozak. Make 50 the new 40! Stay Fit for Life empowers you to continue to move with the ease and efficiency of youth when performing everyday, functional movements such as bending, twisting, pushing, pulling, and reaching, making daily activities such as gardening or playing with grandchildren both smoother and stronger. Unlike traditional resistance training that targets isolated muscle groups, the compound movement exercises and activity-specific programmes featured in Stay Fit for Life engage multiple muscle groups at the same time, helping you lead more a active, dynamic lives for years to come, no matter your fitness level.

**Get Fit For Life** Jack Lowe 2020-12-04 Thanks to advances in medical science, we are living longer than ever before. But how much thought and effort do we put into preparing for these extra years of life? This book makes a strong case for the virtues of physical activity to maintain health and mobility in old age. From mindset and exercise to diet and sleep, each chapter summarizes the scientific evidence and offers advice and encouragement on how to change your everyday habits - starting right now. Interwoven with anecdotes from the author's adventurous life, this is a passionate, highly personal manifesto for embracing later life with humor, resilience, and optimism. A successful entrepreneur and all-round athlete, Jack Lowe has climbed the highest peaks on three continents and travelled 22 countries by bike. At the age of 78, he championed the creation of the Fit for Life Foundation to promote life-long fitness and independent mobility of older people worldwide. All proceeds from the sale of this book are donated to the Fit for Life Foundation, [www.fitforlife.foundation](http://www.fitforlife.foundation)

**Fit for Life!** Amanda Telford 2014 Look no further, the Nelson Fit for Life package has all you need. Our series is written for the new Australian Curriculum Health and Physical Education syllabus, in a clear and engaging way. Our 10 chapters mirror the 10 Areas of Learning, and the curriculum dot points are explicitly covered.

**Fit for Golf Fit for Life** Randy Myers 2017-04-03

**Fit For Life** Harvey Diamond 2012-07-31 FIT FOR LIFE All diets work and all diets fail, but here at last is hope for anyone who wants to achieve - and maintain - permanent weight loss. Fit For Life is a revolutionary diet and lifestyle programme that allows you to eat unlimited portions of the foods you like and leads you to new levels of overall good health and wellbeing. As you finally put an end to all those years of boring calorie counting and damaging yo-yo dieting, this simple, natural Fit for Life reveals... \* the three vital principles to bring permanent weight loss and high energy \* the secrets of timing and food combining that work with your natural body cycles \* a complete four-week meal plan, menus, delicious recipes and essential shopping tips. Fast, effective and easy to follow, the internationally acclaimed Fit for Life is your answer to a healthier, more vibrant life. Don't you owe it to yourself to begin today?

**Let's Eat Right to Keep Fit** Adelle Davis 1954

**Living with a SEAL** Jesse Itzler 2015-11-03 Entrepreneur Jesse Itzler chronicles his month of living and extreme fitness training with a Navy SEAL in the New York Times and #1 LA Times bestseller LIVING WITH A SEAL, now with two bonus chapters. Entrepreneur Jesse Itzler will try almost anything. His life is about being bold and risky. So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month-an accomplished Navy SEAL widely considered to be "the toughest man on the planet"! LIVING WITH A SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. Jesse and SEAL's

escapades soon produce a great friendship, and Jesse gains much more than muscle. At turns hilarious and inspiring, LIVING WITH A SEAL ultimately shows you the benefits of stepping out of your comfort zone. **Stay Fit for Life: Everything You Need to Get a Slim, Fit and Healthy Body** Patricia Williams It is only natural for anyone to believe that weight loss is such a simple process to accomplish. There are many advertisements presented on television that gives quick and easy solutions to losing weight. They are guaranteed to work and, of course, they do. However, they don't work for your whole life. Fortunately, weight loss is a simple process but, unfortunately, it takes time. The fact that the so-called specialists are giving you the quick and easy method is so they can leach money off of you. If you want a healthier way to lose weight and to stay fit for the rest of your life, then moving towards the natural way is the one that you should be looking for. This book will be giving you advice on weight loss and how to stay fit throughout your life so you can throw away your diet pills and pointless weight loss programs that you've been subscribing to.

**The American Vegetarian Cookbook** Marilyn Diamond 1990 Over 500 mouth watering recipes designed to keep you and your family satisfied and enthusiastic.

**Happy, Healthy, Strong** Krissy Cela 2021-12-28 "This woman will change how you exercise forever" --YOU Magazine FEEL-GOOD FOOD AND FITNESS. UNBELIEVABLE RESULTS. Fitness guru Krissy Cela wants to transform your life with her 360-degree approach to exercise, eating well and mindset, with results that really work. Happy Healthy Strong is a simple and achievable plan that you can do at home, focusing on three key elements for life-long success: - Train Your Brain - to build your mental strength - Fuel Your Life - more than 80 easy, delicious recipes to keep your body strong and satisfied - Move Move Move - over 45 at-home exercises, complete with build-your-own workout guides for every level Looking after your body and mind is the most important thing you can do for happiness and wellbeing; it means so much more than a number on the scales. Through Krissy's tried-and-tested advice, you will feel great and get results you've never thought possible, with a program you can stick to for life. With Happy Healthy Strong, you can say goodbye to yo-yo dieting, feel great, and live a life that truly empowers you.

**Fit for Life** Harvey Diamond 2020-06-09 Discover why Fit for Life's easy-to-follow weight-loss plan has made this enduring classic one of the bestselling diet books of all time! It's the program that shatters all the myths: Fit for Life the international bestseller that explains how to change both your figure and your life. Nutritional specialist Harvey and Marilyn Diamond explain how you can eat more kinds of food than you ever ate before without counting calories...and still lose weight! The natural body cycles, permanent weight-loss plan that proves it's not only what you eat, but also when and how, Fit for Life is the perfect solution for those who want to look and feel their best. Join the millions of Americans who are Fit for Life and begin your transformation with: The vital principles that bring you permanent weight loss and high energy The Fit for Life secrets of timing and food combining that work with your natural body cycles A 4-week meal plan, menus, shopping tips, and exercise Delicious recipes and more.

**Women's Health Perfect Body Diet** Cassandra Forsythe, PhD, RD 2008-12-23 Let's face it—women simply do not shed pounds or build muscle as easily as men do. Drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of Women's Health, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. Key features of the Women's Health Perfect Body Plan include: • Glucomannan, a soluble fiber that helps dieters feel full faster—and therefore eat less throughout the day • Meal plans that contain at least 40 grams of fiber per day • An adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat) • Dieting techniques that revolve around psychological needs and personal goals and lifestyle • Two diet plans to choose from—one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need) In addition to the customized eating plan—complete with 75 easy-to-prepare recipes—there is a vigorous customized fitness program consisting of 50 exercises that brings results in just three weeks.

**Financially Fit for Life** Steve Down 2013-01-01 Steve Down's Financially Fit for Life is the cutting edge of financial education and fitness. The Seven Steps contains 33 exercises that can treat every financial disease. Any single exercise can make an immediate impact on your financial health. Combined, they may accelerate you to a state of top financial fitness. Immediately improve your cash flow. Pay off every debt in five years or less. Be totally financially free within ten years. Feel, think and act differently about money.

**Fit Moms for Life** Dustin Maher 2011-10-01 Get to know thirty-one amazing women who have taken the Fit Mom for Life Challenge, dropped up to a hundred pounds—and kept it off! Are you ready to look twenty years younger? Have a flat stomach again? Take your husband's breath away each time he sees you? Bring sexy back into being a mom? Melt the muffin top? Fit into your skinny jeans and still have room left over? Be a mom that your kids are proud of? In this book you will discover: One exercise that can make your stomach 2-4 inches smaller within two weeks The workout that can burn off far more fat than doing boring cardio How to burn fat 24 hours a day How to eat like a linebacker and have a metabolism of a hummingbird How to change your thoughts to produce lasting results Dustin Maher, a self-proclaimed "Mama's Boy" who has given his life to serving moms and helping them look and feel their best, asks "Who is taking care of you?"—and shows why moms must start putting themselves first in order to be there for the ones they love.