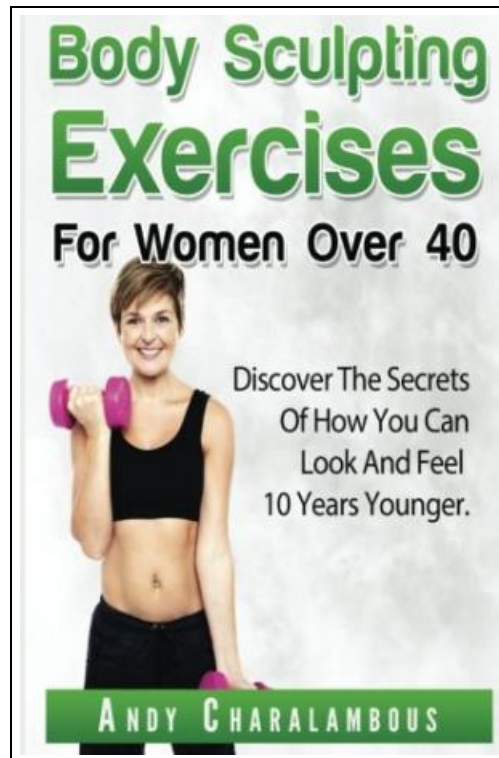


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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Body Sculpting Exercises for Women Over 40 is a 7 chapter, no fluff guide for any woman who wants to look and feel the best they can be. As with all the, Fit Expert Series books this volume delves into the heart and soul of looking great at 40 and beyond. As we get older our bodies change and gravity begins to kick in. We lose more and more muscle tone and so in order to stay strong and look youthful we need to incorporate a regular health and fitness program into our lives. Now that doesn't mean you have to train seven days a week for 4 hours a day and eat like a rabbit. No, you need to live your life, but you also need to take a little extra care of your body as you age. Who Can Benefit from this Book? First of all you don't have to be aged 40 to enjoy the benefits that this book has to offer. All information provided is primarily directed at the older woman but the exercises and routines can be used by anyone younger. Women who are noticing certain areas of their bodies beginning to sag and want to take control to firm those areas up. Women who are not sure what type of program is best for them and would like to choose which they feel would suit their lifestyle best. Women searching for the ideal nutrition plan. Women who are very busy and only have a small amount of time to train each day. Women who are out of shape, maybe have been living a sedentary lifestyle, and want to break the...

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