



Shrink Your Female Fat Zones: Lose Pounds and Inches--Fast!--From Your Belly, Hips, Thighs, and More

Denise Austin

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In as little as 10 minutes a day, you can ...

Shrink Your Female Fat Zones!

What's a female fat zone? Maybe it's that part of your body that popped out after you had a baby or dropped after you turned 40. It's that area you may try to hide in baggy shirts or pants, the spot where things bind or rub or just stick out the wrong way.

If you have a fat zone, fitness and weight-loss expert Denise Austin has designed a program just for you. In just 6 weeks, you'll get the slimmer thighs, trimmer hips, and flatter belly that you've dreamed of. You'll lose up to 2 pounds a week, and wherever you used to pinch your share of inches, you'll be smaller, firmer, and more defined.

Denise designed these targeted programs by zeroing in on the most effective diet and exercise tricks to shrink her own trouble spots. Now she's sharing her tips with you!

As you learn Denise's secrets, you will:

- * Remodel your body and rev up your metabolism in as little as 10 minutes a day
- * Zip through fun, fast workouts that trim and tone trouble areas
- * Savor 6 weeks of mouthwatering menu plans, developed by a top nutritionist
- * Try dozens of Denise's favorite family recipes and quick cooking hints, with shopping lists that make prep time a snap
- * Track your progress in a motivating, specialized journal
- * Check out before and after photos of women who've seen amazing, rapid results

Say goodbye to your female fat zones-- forever!

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From reader reviews:

Barbara Harp:

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George Miller:

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Clifford Caldwell:

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