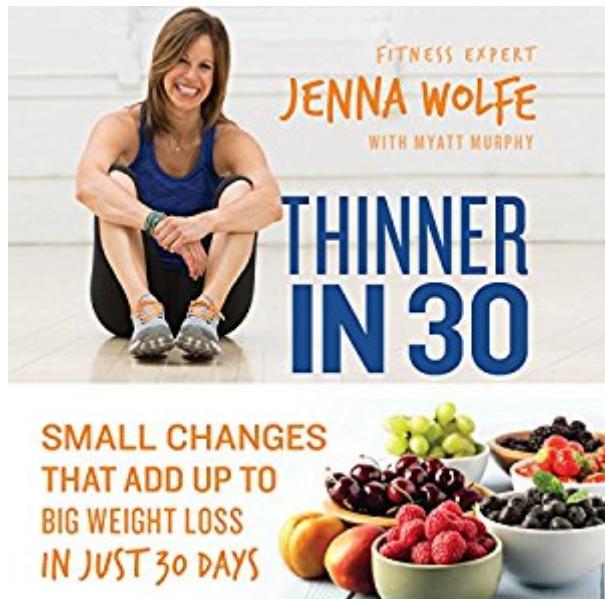


The book was found

Thinner In 30: Small Changes That Add Up To Big Weight Loss In Just 30 Days



Synopsis

A month from now, you'll wish you had started today. Yes, a month is all it takes to see long-term results. And seriously - even YOU can lose that weight! Food and exercise fads come and go, mainly because they just aren't sustainable. After a few days, you're hungry, bored, or hungry AND bored. That's why the Today show's very first lifestyle and fitness correspondent, Jenna Wolfe, created her famous 30-Day Fitness Challenge for her viewers. The challenge was wildly successful because of its unprecedented and simple approach to everyday health and fitness - one small tip a day for 30 days. Now, in Thinner in 30, Jenna takes her foolproof program to the next level, giving you the tools and motivation you'll need to achieve your wellness goals with 30 small changes that add up to big results - in as few as 30 days. It's all possible without joining a gym, counting calories, or signing up for a trendy class you can't even pronounce. The perfect plan for busy men and women of all ages and fitness levels, Thinner in 30 puts the focus on small, bite-size tips which lead to long-term weight loss. Jenna blends athletic wisdom, laugh-out-loud humor, and easy-to-follow advice, like how many times to chew your food per bite, what the heck carbs are all about, and how to sneak in workouts without any time, money, equipment, or energy (pretty much covering any excuse you may have). Thinner in 30 will help you discover just how easy it is to get healthy without having to deprive yourself or work out 12 hours a day.

Book Information

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Customer Reviews

I received a copy of Thinner in 30 from Netgalley/the publisher in exchange for an honest review. I received my book on November 25th, and have spent the last month reading it and implementing

the steps.I have seen Jenna Wolfe on The Today Show, and I love her enthusiasm, and her sense of humor. This book arrived at the perfect time; with three children and a busy schedule, it isn't always easy to find time for exercising. I used to push the stroller around the neighborhood with my oldest daughter, but when my twins arrived two years later, pushing a double stroller with two babies and a toddler seemed too daunting. Well, the babies are now in first grade, the big girl is in third grade, and I no longer have any excuses. This book was just what I needed.The book is subtitled "Small Changes That Add Up To Big Weight Loss In Just 30 Days", and that is just what it does. Thinner in 30 is meant to be read over the course of a month; each day, there is a new tip to incorporate into your routine. These tips are all relatively small: 19 sips of water first thing in the morning, take 10,000 steps a day, write down everything you eat, etc. Eventually, exercising is incorporated into the routine, but the changes are gradual.So, I suppose I should answer the biggest question: over the course of the month, I lost almost 6 pounds. More importantly, I have gained my motivation back after seeing what I can accomplish. I have not really worked out since high school sports, and even then, I was lazy. But this is something that anyone can do: each exercise is presented with a modifier for people who have difficulty, and a more advanced form for experienced athletes. The workouts are based upon circuit training.

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