



# Fit and Fabulous After 40: A 5-Part Program for Turning Back the Clock

*Denise Austin*

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**Fit and Fabulous After 40: A 5-Part Program for Turning Back the Clock** Denise Austin  
America's favorite fitness expert presents a breakthrough program to win the war against aging—a battle she has personally fought and won.

We all know that aging is inevitable—but how gracefully you age is up to you. Scientific research shows that we can turn back the clock through a targeted regimen of age-busting exercise and nutrition. Now, in *Fit and Fabulous After 40*, award-winning fitness expert Denise Austin presents her own revolutionary, sure-fire plan to help you stay healthy, strong, slim, and fabulous—no matter what your age! By exercising for just thirty minutes a day, using cutting-edge techniques such as yoga and Pilates-based exercises, and eating for maximum health and vitality, you can build strength, shed extra pounds, improve flexibility and balance, and look years younger. *Fit and Fabulous After 40* includes:

- Easy-to-follow workout plans for every day of the week
- Fat-blasting, toning exercises to target specific areas of the body
- Weekly nutrient-packed meal plans with delicious slimming recipes
- Denise's personal vitamin and supplement regimen
- Invaluable advice on common health concerns for women, such as menopause, breast cancer, and heart disease
- Special beauty tips—including anti-wrinkle exercises!

Designed to fit even the most hectic schedules, and easily tailored to individual health concerns, *Fit and Fabulous After 40* offers a modern, realistic fountain of youth for every woman.

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