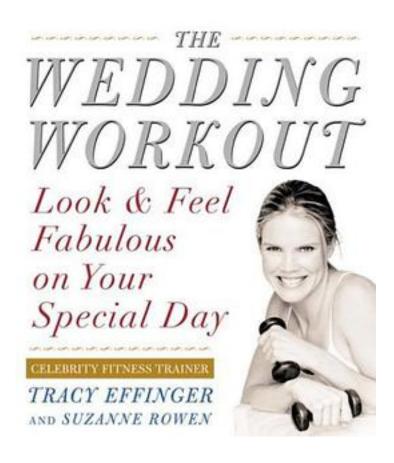# THE WEDDING WORKOUT

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Fitness trainers across America will tell you that the number one motivator to lose weight and get in shape is an upcoming wedding. Most women are photographed more on their wedding day than any other single day in their lives. Every woman wants to look her best on her wedding day. Suzanne Rowan, a bride-to-be and celebrity fitness trainer, Tracey Effinger have joined together to create a full-blown "whip your body into shape" program guaranteed to help every woman look and feel her best on

her wedding day. This innovative and effective workout plan incorporates all of the "Effinger" techniques that have made Tracy Effinger the most popular fitness trainer in LA, training celebrities such as Renee Zellwegger, Amy Brenneman, Sela Ward, and Will Farrell. Tracy and Suzanne have developed a program that addresses a full palette of bridal challenges and concerns including: A "recognize your body type" program based on the "cuts" of engagement rings. A six-month, three-month, and six week workout plan based on the amount of time the bride has to get in shape for the big day. Targeted workouts focused on the key body areas featured by the cut of the bridal gown. An eating plan that features quick-to-prepare healthy foods. Exercises that improve posture and poise. The "look great in your bikini" plan for your honeymoon. The "feel great wherever he touches you" body toning exercise regimen. Stress reducing exercises, foods, activities and reflections. Attitude adjusters and time management tools Partner exercises and activities that include your fiancee in your fitness plan. Clever "eat cheats" that won't blow the plan. Insightful suggestions and actions that will help make your wedding day the best day of your life. This book is hip, fun and effective.

作者介绍:

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