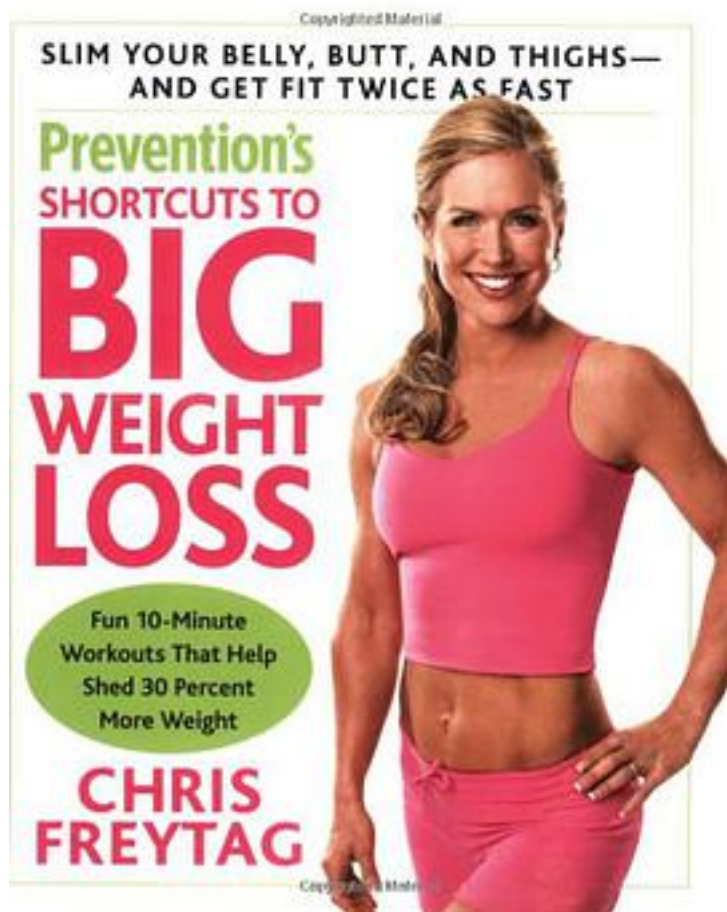


Prevention's Shortcuts to Big Weight Loss



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Getting slim, fit, and toned often seems like a daunting challenge. That's why "Prevention", America's leading health magazine, has developed proven shortcuts that work. "Prevention" contributing fitness editor Chris Freytag details how you can lose up

to 30 percent more weight than you can with traditional 40-minute exercise programs. The secret is fun, fast 10-minute workouts that blast fat. In this book, you'll find: a dynamic plan for losing 25 pounds or more-without getting discouraged along the way; a program to jump-start stalled weight loss and quickly shed those last stubborn 10 pounds exercises tailored to build maximum lean muscle tissue to burn calories even when you're not working out. With "Prevention's" super effective program and Chris' motivating advice, you, too, can drop up to two dress sizes in just 8 weeks.

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