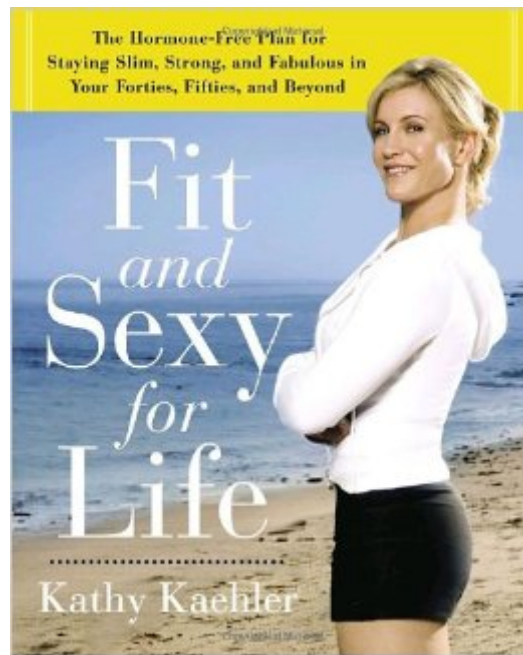


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# Fit And Sexy For Life: The Hormone-Free Plan For Staying Slim, Strong, And Fabulous In Your Forties, Fifties, And Beyond



## Synopsis

Who says you can't stay sexy forever? Kathy Kaehler's breakthrough fitness plan shows you how to look and feel your best at any age. Celebrity trainer, career woman, and mom Kathy Kaehler knows first-hand how women's bodies change as they get older. Suddenly you don't have as much energy as you used to and the numbers on the scale are creeping up. Maybe you're feeling moody for no reason, or experiencing the first signs of menopause. But you can take control of your body and your life! In her new book, Kathy presents the first ever fitness-based program for managing this transition and shows how to maintain your shape, your sparkle, and your sizzle through your forties, fifties, and beyond. Until now, women haven't had a good option for coping with menopause and hormone replacement therapy, natural or not, comes with a host of risks and side-effects. But Kathy's Fit and Sexy regimen provides a hormone-free way to fire up your metabolism, boost your energy, stave off hotflashes, and start feeling fabulous. With daily workouts that focus on cardio and strength conditioning, and a simple eating plan tailored to women over forty, her program gives you everything you need to melt pounds, build muscle, and decrease your risk of heart disease, osteoporosis, breast cancer, and other health concerns. Kathy also shares her special "Take Five" workouts—five-minute blasts that offer a quick-fix cure to: Boost your libido Find more energy Stop a hot flash Sleep like a baby And more Packed with the very latest information on women's health, Fit and Sexy for Life offers a completely natural way to look and feel healthy and sensational for years to come.

## Book Information

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## Customer Reviews

I had high hopes for this book, and was disappointed. It offers nothing new, just rehashes the same information that can be found in countless other health/fitness books. It might be helpful to you if you've never bought a book on this subject matter before, but if you've already read and/or owned books on health and fitness for women, save your money. I only wish I'd had the time to really look closely at this book before my 30 day window of opportunity to return it had passed.

Kathy Kaehler's book is chock full of good basic common sense about dealing with health and fitness in your forties, fifties and beyond. Some of the exercises are a bit challenging for me - as someone new to strength training, some of the exercises with the fitness ball look downright scary. But generally good stuff, not that hard, good diet advice. I like it.

I loved this book. Especially since I will soon be entering the 40 generation and there is so much anxiety and uneasiness of what will happen during the menopause period that it was very refreshing to read such a healthy, happy, and natural way of looking at menopause/perimenopause period... It helps ease the anxiety..... And the exercises are good refreshers and easy to incorporate into everyday life...Great book

Great book! This should be a staple for women over forty who want to stay fit and feel great. Being a personal trainer and pilates instructor myself, I found the information regarding exercise and nutrition to be very practical, and easy to fit into any lifestyle, which is key to staying with any program. Kathy Kaehler is role model for us all; balancing family, career, and womanhood. Hurrah!

Fabulous book that has good solid information on fitness and nutrition for life. Honestly and frankly discusses the physical and emotional problems many of us experience in our forties and beyond; including discussion on ways to alleviate those symptoms. The exercises are easy to follow and can be done in your own home without buying lots of expensive equipment. This is a great lifetime plan! Jean, BS; Medical Technology, MS; Health Science Administration

It is a good read. I have been looking for a sensible way to stay fit and I think I found it.

This is a great book with tons of information. It really helps put together a way to fit in exercise with all of our busy schedules!! Not to mention how to continue it thought out your life.

I was disappointed in this book. There really isn't anything new in it that I haven't read, and it concentrated too much on a workout routine. The author looks great on the cover but doesn't look as good in the photos of the workout, making me doubt it's benefits.

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