



SIT DOWN & SHAPE UP

The Workout for People Who Hate to Exercise



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Today is the day to take back control of your own body! Do you want to get in shape but don't know where to begin? Do you find other workouts difficult and discouraging? Have you recently been diagnosed with Type 2 diabetes? Kim Lyons has collaborated with premier physicians to design a 2 in 1 solution to managing Type 2 Diabetes: a physician recommended workout coupled with the luxury of personal training, right where you're sitting!

Each of Kim's 20-minute programs are a great tool in managing obesity and Type 2 diabetes, in part because they contain programs you can do just sitting in your chair, free from judgment and self-consciousness. Each workout consists of an energizing warm up, a chair workout and a cardio walk that everyone can do with guaranteed results. These workouts are designed for diabetics needing to start a fitness routine, or beginners of any age.



Kim's role on *The Biggest Loser* has brought her "no excuse" approach on fitness to America. A best-selling author and respected trainer, Kim is featured in the *Biggest Loser* cookbook, *The Biggest Loser Training Book* and *The Biggest Loser Workout DVDs*.



Dr. Shaila Singh MD is a member of the Medical College of Wisconsin Institutional Review Board (IRB) and a Diplomate of American Association for Family Physicians (AAFP), managing Type 2 Diabetes and weight loss for over 22 years.

BONUS FEATURES

**Kim Lyons: Up Close & Personal
Exploring Weight Loss with Dr. Shaila Singh**

Color Approx 48 Minutes Aspect Ratio 16:9 Filmed in HD Not Rated Stereo 2009

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Sit Down Shape Up

ELEANOR PAT DENISE

Sit Down Shape Up:

Whispering the Techniques of Language: An Mental Journey through **Sit Down Shape Up**

In a digitally-driven world wherever monitors reign great and quick transmission drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases usually go unheard. Yet, situated within the pages of **Sit Down Shape Up** a captivating literary value sporting with natural thoughts, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this wonderful opus attracts visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the cloth of each and every word. Within the mental depths with this emotional evaluation, we shall embark upon a honest exploration of the book is key styles, dissect its fascinating publishing model, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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