



# 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 Diplomat 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**

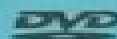
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# Sit Down Shape Up

**S Ashworth**



## Sit Down Shape Up:

**Shape Up with Karatics** W. Nicholas,2002      **Principles of Behavior** Richard Malott,2015-10-02 Since the first edition of Principles of Behavior the authors have sought to address the unique needs of students This title has been written so that students of all levels will benefit from a solid introduction to the principles of behavior The authors have laid the groundwork for behavior analysis through an exploration of experimental applied and theoretical concepts Case studies and everyday examples help readers apply principles of behavior to real life About the Book This book also is integrated with the Behavior Analyst Certification Board task list and serves as an excellent introduction to many of the BACB tasks

Principles of Behavior Richard W. Malott,2025-09-22 Known for both its narrative style and scientific rigor Principles of Behavior is the premier introduction to behavior analysis Through an exploration of experimental applied and theoretical concepts the author summarizes the key conversations in the field bringing the content to life using humorous and engaging language The text s tried and true pedagogy makes the content as clear as possible without oversimplifying the concepts Key features of this book include Study objectives key terms and review questions that encourage students to check their understanding before moving on Real world examples and case studies illustrating key concepts and principles New enrichment sections demonstrating the way in which the principles of behavior can help us make sense of our everyday lives This is an essential resource for both introductory and intermediate courses in behavior analysis It is carefully tailored to the length of a standard academic semester and how behavior analysis courses are taught with each section corresponding to a week s worth of coursework The text can also function as the first step in a student s journey into becoming a professional behavior analyst at the BA MA or PhD EdD level Each chapter of the text is integrated with the Behavior Analyst Certification Board BACB task list serving as an excellent primer to many of the BACB tasks      *Back to Reality: Fourth in the Escapism Series* Inyaso,2016-05-09 This book of poetry and short stories represents the fourth in my back to reality series Readers will be enticed with works featuring women issues power diversity health concerns suicide matters of the heart animals and insects sports international concerns and life s travails      **Block Legend Paper by the Ton Iii** Kevin Green,2020-11-05

This collection of songs that I bring to you the reader is the first step in expressing my vision of life through the eyes of me the author I ve been working for many years coming up with inspiration and music to share with you the readers and the world hoping to inspire and entertain I express my way of life hoping to leave the reader with a greater understanding of what I see through my own eyes I am extremely pleased with the results from these many years of hard work and dedication I am truly honored and blessed to share with you my vision Thank you Sincerely yours Kevin Green KG      *The Wink of an Eye* - H. Peter Hoffman,2011-03-04 After he lost his wife to Alzheimers author H Peter Hoffman knew he lost a big part of his life But he found a new meaning and a new reason to look forward to each day when he unearthed letters sent to him by his then girlfriend Doris In this release the author captures his and his beloved wifes story through more letters and photographs

Included in this volume are letters written between 1943 and 1946. It covers his wife's illness with Alzheimers spanning from 2002 to 2009. When my wife passed away I had totally forgotten the content of the letters and now they were adding emotion and enjoyment to my life. Each evening I look forward to retiring to my den and reading some of her letters. What a wonderful legacy she left me with. When she wrote those letters she couldn't possibly have known how much enjoyment I would get from them over sixty five years after they were written. I have read them more times than you can count on your fingers. The letters gave me a new feeling about my memoir. It is really more of a true love story than a memoir. The letters reminded me of what a wonderful person Doris was and how strong our love was. Hoffman shares. From first page to the last. *The Wink of an Eye* Volume II will fascinate readers with a true love story lasting over six decades. *Raising Hope* Katie Willard, 2007-10-15. Katie Willard's timeless tale of mothers and daughters and the bonds they share and struggle to maintain or break. Booklist. Ruth Teller is a tough as nails waitress at a local restaurant. Sara Lynn Hoffman is a straight laced well to do lawyer. And Aimee Sara Lynn's mother is an opinionated widow who speaks her mind freely and judges people harshly. On the surface they appear to have little in common but in fact they share a house and more. Together they are raising a 12 year old girl named Hope who came into their lives as an infant and changed everything. Tender and touching. *RAISING HOPE* is the story of three generations of women coming together to find love and the true meaning of family in the most unexpected ways.

**When I Was a Little Girl, My Father Taught Me How to Pray** Minnie Russaw Jordan, 2012-09-18. This book is about how God used a man that could not read nor write to instill Godly values into his children's lives. He was a man that prayed with his family making sure that prayer was a number one priority. He worked hard to provide for the family walking in authority. He knew how to discipline yet show real love in the anointing of God. This caused a small child to realize how important it is to pray. She saw the difference in the life of a father that prayed and lived a life before her. Even through near death experiences, divorce, tragedy and sickness she finds out that the power of prayer is real and now she is also walking in the same spirit of prayer to instill into the next generation. There are seven steps in this book that God used to orchestrate this which is guaranteed to work. **Swimming for Total Fitness** Dr. Jane Katz, 2011-04-27. Swimming is one of the best most enjoyable and most effective forms of exercise available and this is the classic guide for beginners and expert swimmers alike completely revised and updated for the 90s. B/W line drawings throughout. **Midgie Purvis** Mary Chase, 1963-10. *THE STORY* Mrs. Edwin Gilroy Midgie Purvis is a rich fashionable and middle aged member of society. She is also given to cutting unexpected and sometimes eyebrow raising capers. Her rather stuffy son Canfield who is about to be married has

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