



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**

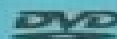
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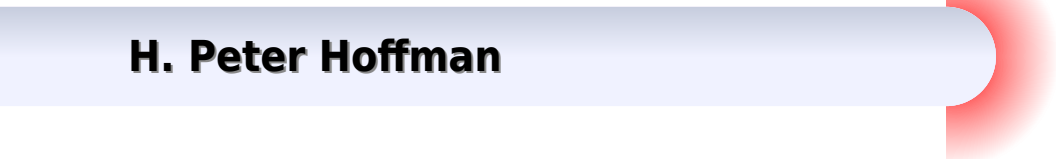
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Sit Down Shape Up

H. Peter Hoffman



Sit Down Shape Up:

Unveiling the Magic of Words: A Overview of "**Sit Down Shape Up**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sit Down Shape Up**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

<https://archive.kdd.org/public/detail/fetch.php/the%20god%20bit.pdf>

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Sit Down Shape Up Introduction

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