

SIT DOWN SHAPE UP

The Workout for People Who Hate to Exercise





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. Shaifa 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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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 The Third Law of Motion Files, Meg, 2015-03-13 Meg Files new novel is set in Michigan in the early 60s when the worst thing a girl could do was get herself in trouble when domestic violence remained hidden in silent basements It tells the stories of Dulcie White a bright confused college girl distracted by sexual discoveries and the power of her boyfriend s neediness and track star Lonnie Saxbe who is caught up in his own confusions and compulsions The Third Law of Motion offers an intimate look at the subtleties and the complexities of the dynamics between a battered wife and a violent husband where nothing is so simple as a fist punched through a wall

Carlton Hill ELEANOR PAT DENISE,2010-02-18 High society at the turn of the nineteenth century will find that politics deceit tragedy infidelity and love are the same standards people continue to live in 2010 It will affect the life of the duchess of Carlton Hill and her son the newly elected senator Jerome Carlton second generation But wait They say that history repeats itself so true enough as the third generation her grandchildren even on to the fourth generation becomes of age it reaches out to touch an innocent child her great grandson The duchess stands strong as she rallies behind those she loves with a firm belief in her faith But again tragedy strikes and her great grandson must be spared the heartache or is it too late

Have Comb...Will Travel Jean Loretta Dietrich, 2022-11-17 Come take a look at how middle aged Joanna a well known hairstylist from Vermont is doing on the exciting hair competition circuit She finds that travel and challenge bring her a whole new busy life and a chance at love a second time around Follow her in her travels all over the USA France and Italy Joanna and her friend Lila have joint ownership of a large salon in the busy city of Burlington Vermont Learn of the hard work in running such a large enterprise and the involvement of the personal lives of their employees and also about the complicated requirements of using the correct model in order to achieve success in competition work Joanna meets an Italian born stylist and widower James Petrocelli from Rhode Island and unexpectedly finds love and romance Even though they compete against each other things become serious and many major decisions have to be dealt with James has a teenage daughter who guickly learns to resent Joanna and does all she can to break them up This book gives you a glimpse into the completely different and exciting world of cosmetology Regain Be Gone Sameera Khan, 2019-12-03 An experienced dietician shows how to keep the weight off after bariatric surgery With twenty years of training in the field of bariatrics trusted dietitian Sameera Khan shares strategies toward a balanced stress free weight loss journey so that readers can feel confident powerful and successful Weight regain is a manageable setback that can be reversed with a little effort and guidance The longer one ignores it the harder it is to regain lost ground so act now Regain Be Gone is the only resource people need to help them keep weight regain at bay after bariatric surgery Praise for Regain Be Gone A great book and really good comprehensive companion for both patients and practitioners William S

Richardson MD FACS FAMBS Professor University of Queensland Section Head General Surgery Ochsner Clinic New Orleans LA Sameera Khan is an incredibly knowledgeable guide on your weight loss journey following bariatric surgery With decades of experience as a dietitian and physical assistant working with weight loss surgery patients she is an invaluable resource Allison M Barrett MD FACS FASMBS Director of Bariatric Surgery at Penn State St Joseph Medical Center Reading PA Clinical Assistant Professor of Surgery at Penn State University I and Sproggy Constance C. Greene, 2015-02-10 One boy figures out how to survive New York City his parents divorce and a new sister named Sproggy Adam is a real New Yorker He may only be a preteen but he s Manhattan through and through from his boys only club to his friendship with Charlie the building s doorman And like all real New Yorkers Adam takes bad news in stride The night his parents walk into his bedroom to tell him they regetting a divorce and his father is moving to England for two years is no exception Adam knows hell be OK After all he s got his mother good friends and nice teachers But when his dad returns from Great Britain with a strange wife and a new sister for Adam he isn t exactly tap dancing for joy Especially since his new sister s name is Sproggy Even worse Dad expects Adam to show Sproggy around school It seems like things couldn't get any worse But somehow they do His friends They actually like her His teachers They think she s adorable She s taking over his comfortable Manhattan life and everyone expects him to be happy about it With absolutely no way out of this it s up to Adam to make things better After all everyone has to grow up eventually 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 Swimming for Total Fitness Dr. Jane find love and the true meaning of family in the most unexpected ways 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 Midgie Purvis Mary Chase, 1963-10 THE STORY Mrs Edwin Gilroy Midgie Purvis is a rich fashionable and throughout 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 Tales from the New York Giants Sideline Paul Schwartz, 2017-10-03 Few sports franchises can match the long stories history rich tradition and legion of passionate loyal fans of the New York Giants In this newly updated edition of Tales from the New York Giants Sideline memories anecdotes names faces games cheers and tears come rushing back along with new twists to old fables and old remembrances revitalized with fresh insight Learn about so many Giants players including Frank Gifford Y A Tittle Lawrence Taylor Eli Manning and coach Bill Parcells

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