



The Healthy Bride Guide: Be Fit and Fabulous From This Day Forward

By Masi, Christi

Sasquatch Books, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: Preparing for a wedding is stressful enough for the budding bride without falling into the buff bride syndrome -- that scary program of crash diets and exhausting exercises. The Healthy Bride Guide offers a welcome alternative. Author Christi Masis program emphasizes establishing lifestyle changes that can endure long-term. She starts brides off by incorporating gradually a fitness routine and a healthy diet into their daily schedule. The chapter on nutrition covers needs assessments, keeping a well-stocked kitchen, creating meal plans, eating properly, and tracking progress. The chapter on stress includes stretches and exercises, as well as advice from recent brides, their moms, and experts in the field. By programs end, not only will brides be in better shape and feel better about themselves, they will have created a fitness routine that will keep them -- and their family -- in great health from the honeymoon on.

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