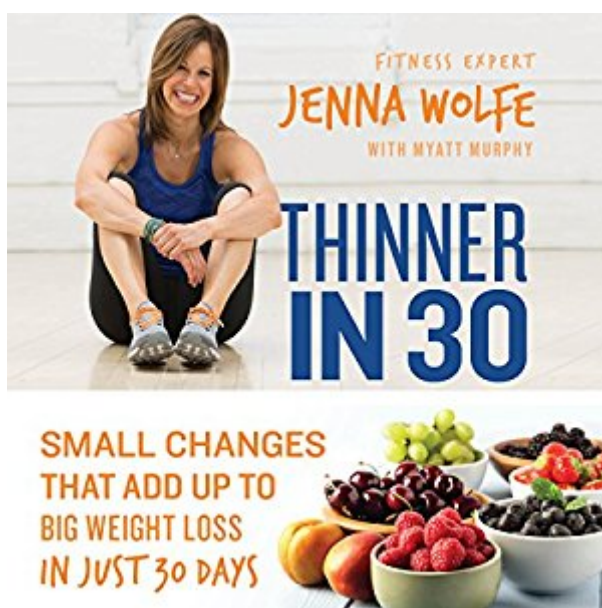


The book was found

Thinner In 30: Small Changes That Add Up To Big Weight Loss In Just 30 Days



Synopsis

A month from now, you'll wish you had started today. Yes, a month is all it takes to see long-term results. And seriously - even YOU can lose that weight! Food and exercise fads come and go, mainly because they just aren't sustainable. After a few days, you're hungry, bored, or hungry AND bored. That's why the Today show's very first lifestyle and fitness correspondent, Jenna Wolfe, created her famous 30-Day Fitness Challenge for her viewers. The challenge was wildly successful because of its unprecedented and simple approach to everyday health and fitness - one small tip a day for 30 days. Now, in *Thinner in 30*, Jenna takes her foolproof program to the next level, giving you the tools and motivation you'll need to achieve your wellness goals with 30 small changes that add up to big results - in as few as 30 days. It's all possible without joining a gym, counting calories, or signing up for a trendy class you can't even pronounce. The perfect plan for busy men and women of all ages and fitness levels, *Thinner in 30* puts the focus on small, bite-size tips which lead to long-term weight loss. Jenna blends athletic wisdom, laugh-out-loud humor, and easy-to-follow advice, like how many times to chew your food per bite, what the heck carbs are all about, and how to sneak in workouts without any time, money, equipment, or energy (pretty much covering any excuse you may have). *Thinner in 30* will help you discover just how easy it is to get healthy without having to deprive yourself or work out 12 hours a day.

Book Information

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Customer Reviews

I received a copy of *Thinner in 30* from Netgalley/the publisher in exchange for an honest review. I received my book on November 25th, and have spent the last month reading it and implementing

the steps. I have seen Jenna Wolfe on The Today Show, and I love her enthusiasm, and her sense of humor. This book arrived at the perfect time; with three children and a busy schedule, it isn't always easy to find time for exercising. I used to push the stroller around the neighborhood with my oldest daughter, but when my twins arrived two years later, pushing a double stroller with two babies and a toddler seemed too daunting. Well, the "babies" are now in first grade, the big girl is in third grade, and I no longer have any excuses. This book was just what I needed. The book is subtitled "Small Changes That Add Up To Big Weight Loss In Just 30 Days", and that is just what it does. Thinner in 30 is meant to be read over the course of a month; each day, there is a new tip to incorporate into your routine. These tips are all relatively small: 19 sips of water first thing in the morning, take 10,000 steps a day, write down everything you eat, etc. Eventually, exercising is incorporated into the routine, but the changes are gradual. So, I suppose I should answer the biggest question: over the course of the month, I lost almost 6 pounds. More importantly, I have gained my motivation back after seeing what I can accomplish. I have not really worked out since high school sports, and even then, I was lazy. But this is something that anyone can do: each exercise is presented with a modifier for people who have difficulty, and a more advanced form for experienced athletes. The workouts are based upon circuit training. They are vigorous, but they leave me energized and proud of what I have accomplished. One thing that I really appreciated is that there are not very many food restrictions. I have appreciation and respect for the science behind removing certain foods from my diet, but it can be difficult to stick with an extensive list of "don'ts" for the long term. It's much easier to avoid simple carbs after 6:00, and avoid added sugars. I would absolutely recommend Thinner in 30. I'm pleased with my results after only a month, and I've gained the motivation to continue on my journey to a better me. Wolfe's sense of humor is a big part of what made this book so fun to read. I especially loved her anecdotes about conversations she has had with her parents about incorporating these healthy choices into their routines. And of course, I will remember not to eat pudding for lunch!

Excellent common sense advice!

I loved this book and quite frankly I am going to purchase a paper copy as well so I have it to pack around and flip back and forth to look at the exercises, inspirational quotes and many other things I

want to refer back to. If you've ever seen the commercial where you have a devil on one shoulder helping you make bad health decisions and an angel on the other shoulder helping you make good health decisions, Jenna is the angel. It's like she knows how you're thinking and knows what to say to keep you encouraging yourself at just the right time. That's why I want a paper copy to go back and flip thru and carry in my purse. I've picked up healthy changes from this book that I will automatically use for the rest of my life, and I'm not even in all 30 changes yet. The best part is I'm losing weight too. **THE MOST INSPIRATIONAL WEIGHT LOSS BOOK I'VE EVER READ!**

It's OK. I'm using some of the suggestions successfully.

Easy to follow her recommendations, but the workout portion works best if you are in good shape before you start.

So many changes to incorporate, too many to remember, a list in the book would be helpful to copy or photo on a phone as a reminder.

Some of the ideas in this book are relatively easy and you can start to add them into an average day right away. Some of them are going to take longer and some of them, I probably will never do. This book is a tool and a starting point for people who are interested in making healthy changes to their lives. I think you can take it as far as you choose to. It is straight forward and honest and helpful.

Great ideas!

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