



The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit

By Jeanette Jenkins

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It takes twenty-one days to establish a habit or to break a self-defeating behavior. And the 21-day program in *The Hollywood Trainer Weight-Loss Plan* provides the means and motivation to help anyone on their journey toward a lifetime of healthy habits. Informed by Jenkins's "7 Simple Steps for Success," the book features:

- useful questionnaires and self-tests that guide readers to determine and commit to their health goals;
- a 21-day plan that includes menus and a flexible exercise program, plus daily encouragement, insights, and motivation;
- no-nonsense nutritional information, as well as recipes and food hints and tips that assist readers in making the best nutritional choices;
- clearly illustrated exercises that show readers which routines are best for their individual needs; and
- sample forms to help readers create their own daily journal and food and exercise logs.

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Editorial Review

About the Author

Jeanette Jenkins, founder and president of The Hollywood Trainer(tm), is the new host of Lifetime Television's new 2007 fitness show *My Workout: Powered by Podfitness* and the fitness coach for the *ivillage.com: iLose it for Good Community Challenge*. Jenkins is a Nike Elite Athlete, a PodFitness.com Premiere Trainer and the official spokesperson for BET Foundation's "A Healthy BET". Her expertise as a fitness and nutritional consultant has been featured on Oprah.com, *The Tonight Show with Jay Leno*, *Extra*, *Access Hollywood*, MSNBC.com, EDiets.com, *ivillage.com*, *The Tyra Banks Show*, *the Food Network*, *VH1*, and on the BET network. Her work has been profiled in *O The Oprah Magazine*, *InStyle*, *Fitness*, *Shape*, *Self*, *Redbook*, *Glamour*, *CosmoStyle*, and *Essence* just to name a few. She writes regular columns for the *Los Angeles Daily News*, *Urban Influence Magazine*, *Precious Times* and MSNBC.com among others. She has worked with many celebrities including Queen Latifah, actress Taryn Manning, swimsuit model Amy Weber, and several NFL and NBA athletes. Jenkins studied human kinetics at the University of Ottawa, Canada, and holds more than seventeen international certifications covering nutrition and various fitness training methods.

Users Review

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Noah Gardner:

This The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit book is simply not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this reserve incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This kind of The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit without we realize teach the one who looking at it become critical in thinking and analyzing. Don't possibly be worry The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit can bring whenever you are and not make your carrier space or bookshelves' turn out to be full because you can have it in your lovely laptop even cell phone. This The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit having good arrangement in word and layout, so you will not feel uninterested in reading.

Jean Cunningham:

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Blair Gant:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit it is quite good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. When you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book has high quality.

Shelly Sampson:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit, it is possible to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

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