



The Belly Burn Plan: Six Weeks to a Lean, Fit & Healthy Body

By Traci D. Mitchell

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Belly Burn Plan: Six Weeks to a Lean, Fit & Healthy Body, Traci D. Mitchell, Say goodbye to unsightly and dangerous belly fat in just three weeks with this easy-to-follow diet and exercise program-includes 65 recipes. Muffin tops, love handles and pot bellies have finally met their match with The Belly Burn Plan, an easy-to-follow diet and exercise program that yields measurable results in just six weeks. Developed for the millions of men and women with too much belly fat, The Belly Burn Plan will help you shed belly fat fast and for good in just three steps: Eat Right for Your Body Type: Discover the best foods for your metabolism to lose weight naturally. Get Moving: Shorter, targeted, high-intensity interval training (HIIT) workouts tailored to your fitness level help improve glucose metabolism and fat burning. Stress Less, Sleep More: Make the lifestyle changes that will have a lasting impression on your body and overall health. Linked to heart disease, diabetes, and metabolic syndrome, belly fat isn't just unsightly, it can be dangerous to your health. You have the power to not only change the way you look, but also...



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