



Fit Not Fat at 40 Plus: The Shape-Up Plan That Balances Your Hormones, Boosts Your Metabolism and Fights Female Fat in Your Forties - And Beyond

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In a world of high-impact, extreme diet and fitness guides, those of us over 50 can feel pretty left out. But not for any longer: "Fit Not Fat at 40 Plus" analyses the complex roles of metabolism, hormone changes, physical challenges and stress in women's post-40 weight gain and provides a quick-start, easy follow-through plan for immediate results.

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