



Targeted, quick exercises that can be done anywhere and anytime to lift and sculpt those shape-challenged hot spots.

Fit Quickies is an effective, research-driven collection of exercises for functional fitness and body shaping that cuts through the confusion of trends and complicated weight loss routines. It minimizes the time investment needed to see results, yet is honest about what is needed to achieve your fitness and body-shaping goals. Combined with the Fit Quickies food plan and mindset motivation guide, author Lani Muelrath delivers specific, surefire strategies for health, weight loss, and fitness success.

Targeted five-minute workouts include:

- A flatter belly
- Slimmer, shapelier thighs
- Firmer upper arms
- A tighter rear end
- A stronger core, better back, and resilient posture
- PLUS the 3 Pillars Solution: food, fitness, and frame of mind

ISBN: 978-1-61564-239-7
 256 pages/ 7 3/8" x 9 1/8" paperback
 \$19.95 US/ \$21.00 CAN
 AVAILABLE FEBRUARY 2013



Award winning **Lani Muelrath, M.A., CGFI, CPBN, FNS** - The Plant-Based Fitness Expert - (www.lanimuelrath.com), specializes in helping people who struggle with weight and energy levels transform their bodies - and their lives - without going hungry or grueling, excessive exercise. Lani is the author of *Fit Quickies: 5 Minute Targeted, Body Shaping Workouts*.

Lani is the Fitness Adviser for the Dr. John McDougall Health and Medical Center Discussion Boards, as well as a presenter and celebrity coach for the 21-Day PCRM Vegan Kickstart and VegRun Programs and the Complete Health Improvement Project (CHIP). In addition, she is the Health and Fitness Expert for Vegan Mainstream and Plant-Based Fitness and Healthy Living Examiner for examiner.com.

Lani has been Guest Lecturer in Kinesiology at San Francisco State University and is an Associate Professor in Kinesiology at Butte College. She has a Master's degree and numerous teaching credentials in Physical Education, and holds multiple fitness certifications including Fitness Instructor from the American Council on Exercise, Yoga, and Pilates-based instruction from the PhysicalMind Institute. She is certified in Plant-Based Nutrition through Cornell University and holds a Fitness Nutrition Specialist Advanced Credential from the National Academy of Sports Medicine.

Recipient of the Golden Apple Award for Excellence in Instruction, Lani created and starred in her own CBS TV show, "Lani's All-Heart Aerobics". She regularly speaks and writes about healthy living, plant-based nutrition, and fitness. Lani overcame her own lifetime struggle with weight over more than 15 years ago when she lost 50 pounds. This she has maintained easily with the tools she uses to coach others to be successful with in weight loss, body shaping, and health.

Multiple resources for you for healthy fitness, weight loss, and plant-based nutrition are available at www.lanimuelrath.com.



A member of DK Publishing