



Bone Building Body Shaping Workout: Strength Health Beauty In Just 16 Minutes A Day

Joyce L. Vedral

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Women need extra-strong bones at every age -- from adolescence, through pregnancy, and especially after menopause. All you need is **8 minutes a day four days** a week, or **16 minutes a day** two days a week -- to achieve a strong, sexy, shapely body while you build protective muscles and denser bones.

Vedral's groundbreaking program includes:

- * Easy-to-follow strengthening exercises for the most vulnerable body parts
- * Safe and simple body-shaping exercises to tone, slim, and beautify your entire body
- * Targeted muscle- and bone-strengthening exercises to guard against injury for dozens of sports -- including tennis, skiing, running, bicycling, dancing, and golf
- * Mother-daughter secrets of putting BONE-IN-THE-BANK -- creating extra reserves of calcium to draw upon as you grow older
- * Nutritional information for jump-starting your weight-loss, healthy-body program
- * Handy 6-page cutout wall chart to make exercising even easier!

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