



# Get Stronger, Feel Younger: The Cardio and Diet-Free Plan to Firm Up and Lose Fat

*Wayne Westcott, Gary Reinf*

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As women age, their metabolisms slow, and over a 20-year period, the average woman packs on about 30 pounds of fat. So, in order to lose weight, women turn to diet plans that not only restrict calorie consumption, but also are very difficult to maintain.

Now, with *Get Stronger, Feel Younger*, you can shed the fat that you've accumulated over the years, while regaining and maintaining a healthier body composition and a faster metabolism—without depriving yourself of the foods you love.

Acclaimed fitness experts Dr. Wayne Westcott and Gary Reinl present their proven strength training program that has helped over 3,000 research participants shed fat, regain atrophied muscle, and experience dramatic increases in resting metabolic rate. Using cutting-edge exercises and brief high intensity workouts, in as little as 10 weeks you can experience a 15-pound improvement in body composition and physical appearance: up to 12 pounds of fat loss, 3 pounds of new muscle, and a 6 percent increase in resting metabolic rate.

There are two programs: the Standard Strength Training Program, which requires only 20 minutes for completion in 2 days a week, and the Advanced Strength-Training Program, which requires 30 minutes 3 days a week. Dr. Westcott and Reinl also provide a natural nutrition plan that not only may enhance your results, but also is realistic and easy to follow. They explain how using brief high-intensity workouts and strength training can transform your body—as well as help prevent diabetes, heart disease, stroke, osteoporosis, low back pain, arthritis, and several types of cancer.

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