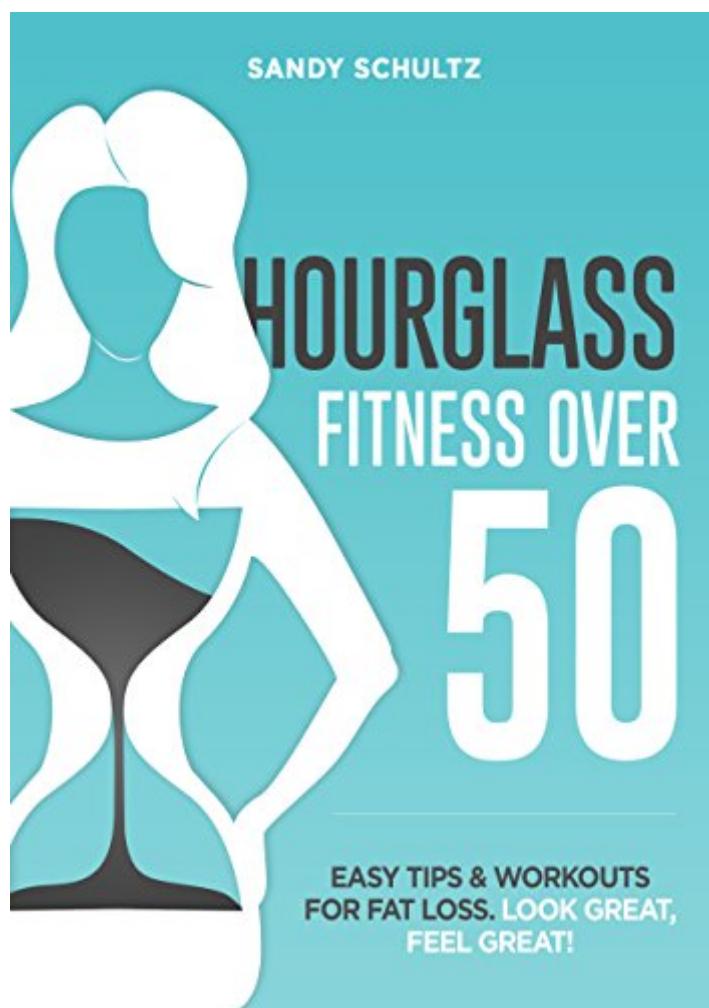


The book was found

# HOURGLASS FITNESS OVER 50: Easy Tips & Workouts For Fat Loss, Look Great, Feel Great



## **Synopsis**

With The PURCHASE Of This Book YOU Are Helping Build HOMES For The Extreme POOR In NICARAGUA 1 Book = 1 Board When is the last time you took care of yourself first? When is the last time you made time for getting healthy and fit and put it into your busy schedule? GO FROM Hating Fitness to LOVING It...It doesn't matter what size you are right now or how healthy or unhealthy you are! This is for Everyone over 50!It doesn't matter what your Occupation is or how Busy You are this will fit Easily into any schedule. Up to 30 minutes a day is all it takes and it Does Not have to be all at once either! Fit it in whenever YOU can . And it isn't going to cost you a fortune in exercise equipment or going to the gym either! And its Fun and Motivating especially for those of us over 50!Sandy's own personal life experiences will take you through tips and easy workouts that have worked for her and Will work for YOU too! Take your tips and workouts with you wherever you go, she will show you how they can be done anywhere!! New fun ways to exercise that you would never have even thought of!! Try It For Yourself NOW...You will be given:1. A Fitness Plan to get you started.2. A Daily schedule to help you stick to your goals.3. A New Lifestyle that will instantly Motivate and keep you going.These easy fun Tips and Workouts will easily fit into your busy life! You will Look and Feel so much better! GET READY TO GET MOTIVATED!!! Start today to take care of you and the life you deserve. Take Action Now...and start living the life you were meant to live!

## **Book Information**

File Size: 608 KB

Print Length: 89 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 4, 2015

Sold by:Ã ª Digital Services LLC

Language: English

ASIN: B00UQU2CQ4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #211,895 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22  
inÃ ª Books > Health, Fitness & Dieting > Aging > Exercise #118 inÃ ª Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image #122 inÃ ª Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging

## **Customer Reviews**

This book offers so many helpful tips from when in the day to exercise to numerous different exercises that are easy to implement. By following the 7 day workout plan, you WILL feel so much better and have more energy at the end of the week. There's no need to be a gym buff to be healthy and have a great figure. This book isn't just for women over 50, but if you begin implementing the strategies in this book at a young age, then by the time you're 50, you'll already be fit with a great figure!

This book is special for me because it provided something for me and my mom to do together. Both of us don't prefer going to the gym , but we like exercising, and Sandy Schultz's book caters exactly to that. The author's experience and her word cuts through everything redundant, and clearly outlines what prevents us from getting into a fitness routine. I loved how the key words are in caps so that is no way you're gonna miss 'em!There is a tender yet firm personal touch to this book through Sandy's own story. And from there she skillfully guides the reader into developing a lifestyle of fitness. And yes, there is a clear distinction here between fitness and workout. Her tips are backed by research too! I enjoyed the getting started section, where the first step is to clear out everything from the house that does not support a fitness lifestyle. So simple, so easy!The 7-day challenge is something my mom swears by. The exercises are simple and effective. I just wish there were illustrations. The diet plan completes the approach of this book. The motivating language and the author's belief in the reader really shines through and makes a huge difference.

In the beginning, Sandy lists the five reasons we don't exercise: work, kids, spouse, friends, distractions. Then, she smacks us with the simple truth--get off your duff, quit being lazy, quit making excuses, and quit expecting instant results. Take consistent action and you can eventually get the body you want. Sandy then tells us exactly what to do, how to do it, and what days to do it. She is so thorough that I would say you don't even need a trainer, nor do you need a gym for that matter. You just need motivation. So practice the "Let's Get Started" list in chapter 3, follow her 7-day challenge, and repeat these activities for a month. You'll be fit. You can be fit. Take action

now!

I loved this book for its no nonsense approach to fitness. I wish there were illustrations of the exercises but the author described them quite well. Her seven-day plan was great because the exercises were regimented in such a way that, upper body vs lower body, cardio, yoga, and stretches are completely laid out. If we accept this style of eating in which Ms Schultz describes: organic butter, coconut oil, no gluten, and no sugar, then we are bound to be healthier. With her health history as an overweight child, she is living proof now for years that this system works. Hooray and well done!! I will buy this book for my group of friends to work on our fitness program together! Buy this book!

I'm so proud of you Sister Sandy, and the awesome job you did in writing this book! Thanks for sharing all your personal advice in this book, to the world, as you are living proof "SANDY", that it does truly work!! And sweet potatoes do rock!! There are millions of us "baby boomers" out there, and as we gracefully age our bodies will slow down, it's a known fact. We will have to adjust and make changes with our diets and exercise to maintain our health. Modern technology has also changed our world into a far more sedative lifestyle. Many of us 50 plus, are in college, or new college graduates, seeking jobs in the health care field, most with computer sit-down work. It's crucial that we make changes in our diets and get our exercise like you stated Sandy, and stick with it, or we won't be around to enjoy the benefits! Thank-you again Sandy!!

This review is only for the Kindle version of the book. I have not seen the print version. I think the exercises in the book would be very useful, but there are no images or photos in the Kindle version. Detailed descriptions - yes. Pictures - no. That doesn't help me at all. There are repeated warnings to use proper form. I don't know how someone knows what proper form is without seeing it. Written descriptions of exercises are useless. For me, this version of the book was a waste of money.

This is a terrific book. I gave it to my mother, but I also use it myself to stay fit. Why? because it makes sense ... and the 7-day challenge is clear and straight forward, no fluff or nonsense, just simple, healthy exercises that anyone can do ÄfÄçÄ ¨ Äœ without expensive machinery like treadmills and stationary bikes.! Also, the author, Sandy Shultz, offers lots of common sense tips. The ones that grabbed me the most were: 1. Get up a half-hour early every morning to do a 30-minute workout (not difficult) and 2. Eat well 80% of the time (we're going to mess up, but if we

eat well 80% of the time, we'll be fine). The hook that got my mother to read the book: She'd get twice the energy if she got fit!

This book is AMAZING! Super easy to read and it's absolutely not only for those who are over 50. Sandy put together a detailed 7-day exercising program with exact what to do. The best part is that you can do it anywhere. In addition, the book offers extensive tips regarding staying healthy such as cooking with coconut oil. The most eye-opening part is that there are all sorts of exercises that you can do when you are cooking, driving, working at your computer, or even blow drying your hair!! Did you know that? This book tells you how!

[Download to continue reading...](#)

HOURGLASS FITNESS OVER 50: Easy Tips & Workouts For Fat Loss, Look Great, Feel Great Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Ketogenic Diet Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and

ketosis and get a Dream Body) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)