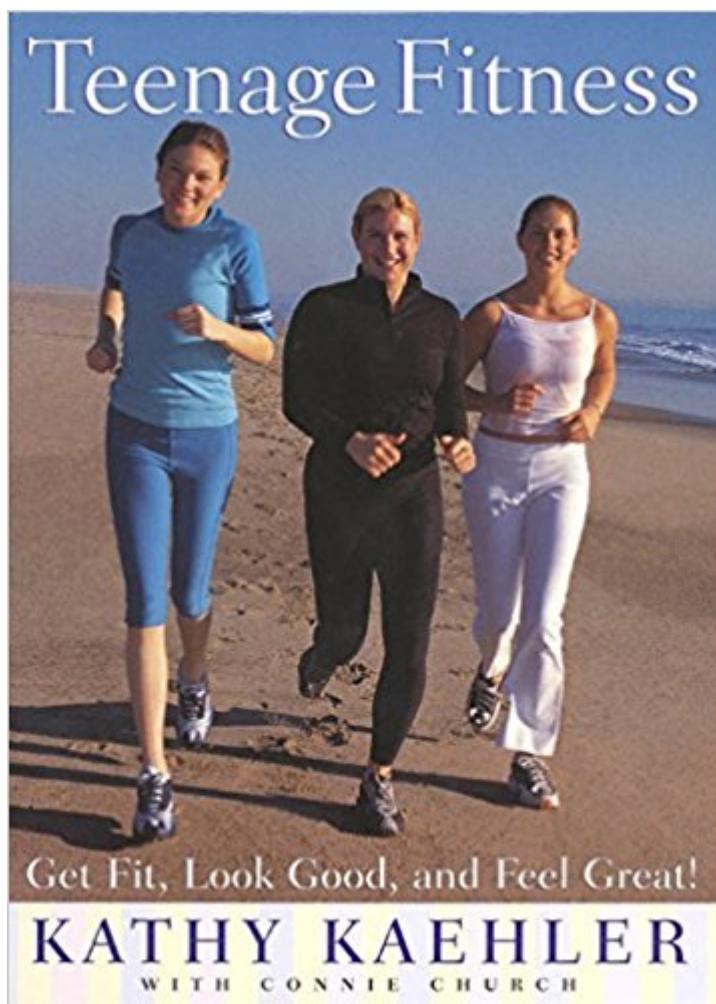


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# Teenage Fitness: Get Fit, Look Good, And Feel Great!



## **Synopsis**

Celebrated trainer and the Today show fitness expert Kathy Kaehler is one of Hollywood's most sought-after fitness trainers. What Kathy has done for Julia Roberts, Michelle Pfeiffer, Drew Barrymore, Cindy Crawford, Alfre Woodard, Samuel L. Jackson, Penelope Ann Miller, and Claire Forlani, among many others, she will do for you. Teenage Fitness is your ultimate fitness source. Her mission is to keep you fit for life. Reflecting on her own body image and eating problems as a teenager, Kathy will show you how to have a healthy respect for your body. She offers essential fitness techniques necessary to look and feel your absolute best. You will learn: To appreciate your own beauty To change your mind-set To know and accept your body type Nineteen terrific eating tips to get you through your day What kind of eater you are The 90/10 principle of pigging out Creative Fitness Suburban Fitness Urban Fitness Five-minute and twenty-minute workouts With Kathy's straightforward and practical fitness principles, you'll feel terrific about your body, your looks, and your life.

## **Book Information**

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## **Customer Reviews**

Kathy Kaehler, NBC's Today show fitness expert has also been the personal trainer to Julia Roberts, Michelle Pfeiffer, Drew Barrymore, Cindy Crawford, Alfre Woodard, Samuel L. Jackson, Penelope Ann Miller, and Claire Forlani, among many others. Kaehler also writes a monthly column for Self magazine and is the fitness consultant for Sephora.com. She attended Michigan's Hope College, where she earned a B.S. in physical education with an emphasis in exercise science and dance. On top of everything else, Kaehler is a wife and mother of twin boys and a new baby.

This was a pretty good book it had a lot of information. But I have seen some of the books out there, and this is not the best. I would recommend this book, and if a teen trying to lose weight or get into better shape, I recommend this book.

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