

Transform your body— 5 minutes at a time!

Few people love absolutely everything about their body. Often there's a trouble spot or two—that muffin top that just won't go away, thighs you wish were just a little firmer, or a rear end you'd like to be a little higher off the ground. We all have them.

In *Fit Quickies*, health and fitness expert Lani Muelrath shares her collection of quick, easy-to-follow body-shaping exercises that zero in on those problem areas and give them a solid challenge. With these exercises, you'll lift and shape your body and soon see a flatter belly, shapelier thighs, firmer arms, a tighter tush, a whittled waist, a strong core, and so much more. Each illustrated step-by-step exercise helps you get motivated, stay focused, and avoid common errors.

Lani has helped thousands of people transform their bodies—and their lives—with her three pillars of healthy weight and fitness: a simple exercise plan, a whole-food plant-based diet, and mind-set mastery. In this book, she shares specific strategies on exactly what to do for success in each area.

The body you've always dreamed of *can* be yours. *Fit Quickies* gives you the tools to make it happen.

Lani Muelrath is a celebrity coach for PCRM's 21-Day Vegan Kickstart and VegRun programs, health and fitness expert for *Vegan Mainstream*, and fitness adviser for the Dr. John McDougall Health and Medical Center Discussion Boards. She has a Master's in physical education, is an associate professor at Butte College, and holds multiple fitness and nutrition certifications. Visit lanimuelrath.com.



Cover image © Mike Agliolo Productions
penguin.com

"Lani Muelrath's *Fit Quickies* has the diet right. With simple, effective exercises, the powerful message to be less sedentary, and steps for positive change, Lani takes you forward on the path to a better body—and a healthier life."

—John McDougall, MD, author; founder, the McDougall Program

"*Fit Quickies* is everything you ever wanted in a fitness and health program all in one place!"

—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine

"With honesty, expertise, and inspiration, Lani Muelrath offers the perfect prescription for a healthier, happier you. *Fit Quickies* is comprehensive, easy, and sure to change your life."

—Rory Freedman, coauthor, #1 *New York Times* best-seller *Skinny Bitch*

"Looking for living life at its best—with resilience, vitality, and joy? Then dig in, embrace, and flourish! You are on your way to radiant health with Lani's easy-to-read and rock-solid book!"

—Hans Diehl, DrHSc, MPH, founder, CHIP and Lifestyle Medicine Institute

U.S. \$19.95 CAN \$20.95

ISBN 978-1-61564-239-7



5 199 5

9 781615 642397

FIT QUICKIES

Muelrath



"Lani Muelrath's wonderful book is filled with heart and joy. This is one exercise book that understands that you don't have to exercise like a maniac once you get the food right. Highly recommended."

—John Robbins, author, *The Food Revolution*, *Diet for a New America*, and many other best-sellers

FIT QUICKIES

5-Minute Targeted
Body-Shaping Workouts

Lani Muelrath

