

bob greene total body makeover

Bob Greene Total Body Makeover: Transforming Your Health Inside and Out

bob greene total body makeover is more than just a fitness program; it's a comprehensive lifestyle transformation designed to help individuals achieve lasting health and wellness. Created by Bob Greene, a renowned personal trainer and wellness expert, this program combines exercise, nutrition, and mindset coaching to foster sustainable habits that promote total body health. Whether you're looking to shed pounds, build strength, or simply improve your overall well-being, the Bob Greene Total Body Makeover offers a holistic approach that addresses every facet of your journey.

Understanding the Bob Greene Total Body Makeover

Bob Greene's program stands out because it doesn't focus solely on quick fixes or extreme dieting. Instead, it emphasizes a balanced approach that integrates smart workouts with nutritious eating and positive mental habits. This method recognizes that true transformation involves the mind as much as the body.

Who Is Bob Greene?

Before diving into the details of the total body makeover, it's helpful to know a bit about the man behind it. Bob Greene rose to fame as Oprah Winfrey's personal trainer, gaining a reputation for his empathetic coaching style and effective health strategies. With decades of experience, Greene has developed programs that cater to people of all fitness levels, making wellness accessible and achievable.

The Core Philosophy of the Total Body Makeover

The total body makeover is built on three pillars:

- **Exercise:** Focused on functional movements and strength training to enhance muscle tone and metabolic rate.
- **Nutrition:** Emphasizes whole, nutrient-dense foods rather than restrictive dieting.
- **Mindset:** Encourages self-compassion, goal-setting, and sustainable lifestyle changes.

This triad ensures that participants don't just lose weight temporarily but adopt habits that foster long-term health.

What to Expect from the Program

Enrolling in the Bob Greene Total Body Makeover means committing to a structured yet flexible routine tailored to your individual needs. The program typically spans several weeks and includes a combination of workout plans, meal guides, and motivational support.

Exercise Routines Tailored for Everyone

One of the most appealing aspects of Bob Greene's approach is how accessible the workouts are. Whether you're a beginner or have some fitness experience, the exercises can be adjusted to fit your level. The routines often blend cardio, strength training, and flexibility exercises to optimize fat burning and muscle building.

Greene's workouts emphasize proper form and gradual progression, which helps prevent injury and encourages consistency. This is especially important for those who have struggled with fad diets or intense workouts that burn them out quickly.

Nutrition That Fuels Your Body

Unlike many quick-fix diets, the nutrition component of the total body makeover is grounded in balance and moderation. Bob Greene advocates for eating real, whole foods—think fresh vegetables, lean proteins, whole grains, and healthy fats.

The program often includes meal plans that are easy to follow, with recipes designed to be simple and delicious. This helps participants build a positive relationship with food, avoiding feelings of deprivation that can sabotage progress. Hydration and mindful eating practices are also encouraged to support digestion and overall wellness.

Incorporating Mindset and Motivation

One of the most unique features of the Bob Greene Total Body Makeover is its attention to mental and emotional health. Greene understands that motivation fluctuates and that sustainable change requires more than physical effort.

Building a Positive Relationship with Your Body

Instead of focusing on punishment or guilt, Greene's program promotes self-love and acceptance. This mindset shift can be transformative for many, helping to break the cycle

of yo-yo dieting and negative self-talk.

Goal Setting and Accountability

Participants are encouraged to set realistic, measurable goals and track their progress. This might include keeping a journal, using apps, or joining support communities. Accountability is a critical factor in the success of any fitness journey, and the program provides tools to help maintain motivation.

Who Can Benefit from the Bob Greene Total Body Makeover?

This program is suitable for a wide range of individuals, from those just starting out on their fitness journey to people looking to overcome plateaus in their health.

- **Beginners:** The approachable workouts and straightforward nutrition plans provide a solid foundation.
- **Busy Professionals:** Flexible scheduling and easy meal prep options make it feasible for hectic lifestyles.
- **Those Seeking Lifestyle Changes:** The focus on mindset makes this program ideal for anyone ready to commit to long-term health.

Addressing Common Challenges

Many people struggle with motivation, time management, or knowledge of where to start. The Bob Greene Total Body Makeover tackles these obstacles head-on through structured guidance and community support. It's designed to make wellness manageable and enjoyable rather than overwhelming.

Tips to Maximize Your Results with the Total Body Makeover

Embarking on the Bob Greene Total Body Makeover is exciting, but like any program, your results will depend on how you approach it. Here are some practical tips to get the most out of the experience:

1. **Commit Fully:** Treat the program as a lifestyle change, not a temporary fix.
2. **Stay Consistent:** Even on days when motivation is low, doing something—no matter how small—can keep you on track.
3. **Listen to Your Body:** Adjust workouts and nutrition according to how you feel to prevent burnout.
4. **Engage with the Community:** If possible, connect with others following the program to share experiences and encouragement.
5. **Celebrate Small Wins:** Recognize progress beyond the scale, like improved energy or better sleep.

Exploring Additional Resources from Bob Greene

Bob Greene has authored numerous books and developed other programs that complement the Total Body Makeover. Exploring these can deepen your understanding and provide ongoing support. Notable titles include “The Best Life Diet” and “The Total Body Makeover Cookbook,” which offer further insights into nutrition and wellness.

Many participants find that integrating these resources alongside the core program helps maintain momentum and keeps their health journey fresh and engaging.

The Bob Greene Total Body Makeover provides a well-rounded path to better health, blending fitness, nutrition, and mindset in a way that feels manageable and motivating. By focusing on sustainable habits rather than quick fixes, it empowers you to take control of your well-being and enjoy the process of transformation. Whether you're just starting out or looking to reinvigorate your health routine, this program offers tools and strategies to support your goals every step of the way.

Frequently Asked Questions

What is the Bob Greene Total Body Makeover program?

The Bob Greene Total Body Makeover is a fitness and nutrition program designed by celebrity trainer Bob Greene to help individuals achieve weight loss and improve overall health through exercise and healthy eating habits.

Who is Bob Greene?

Bob Greene is a renowned personal trainer, author, and wellness expert known for his work with Oprah Winfrey and for creating effective fitness and nutrition programs.

What are the main components of the Total Body Makeover?

The main components include a balanced nutrition plan, strength training exercises, cardiovascular workouts, and lifestyle changes to promote long-term health and fitness.

Is the Bob Greene Total Body Makeover suitable for beginners?

Yes, the program is designed to be adaptable for all fitness levels, including beginners, with modifications and gradual progression.

How long does it take to see results with the Total Body Makeover?

Results vary depending on individual effort and consistency, but many participants report noticeable improvements in energy, strength, and weight within 4 to 8 weeks.

Does the program include meal plans or recipes?

Yes, the Total Body Makeover includes guided meal plans and recipes that focus on whole, nutritious foods to support weight loss and health.

Can the Total Body Makeover program be done at home?

Yes, many exercises and routines in the program can be performed at home with minimal or no equipment.

What makes Bob Greene's approach different from other fitness programs?

Bob Greene emphasizes sustainable lifestyle changes, combining psychological motivation with physical fitness and nutrition, making his approach holistic and personalized.

Are there any success stories from people who tried the Total Body Makeover?

Yes, numerous testimonials highlight significant weight loss, improved fitness, and better overall health from people who followed Bob Greene's Total Body Makeover.

Where can I find official materials or guides for the Bob Greene Total Body Makeover?

Official materials can be found on Bob Greene's website, in his published books, or through authorized fitness platforms offering his programs.

Additional Resources

Bob Greene Total Body Makeover: A Comprehensive Review of the Fitness Program

bob greene total body makeover has gained considerable attention in the health and wellness community for its holistic approach to fitness and weight loss. Developed by Bob Greene, a renowned personal trainer and wellness expert, this program promises a transformative experience aimed at improving physical health, boosting confidence, and fostering sustainable lifestyle changes. As fitness enthusiasts and novices alike seek effective methods to enhance their well-being, the Bob Greene Total Body Makeover offers a structured path that combines exercise, nutrition, and mindset strategies. This article delves into the details of the program, analyzing its core components, benefits, potential drawbacks, and how it stands against other popular fitness plans.

Understanding the Bob Greene Total Body Makeover Program

The Bob Greene Total Body Makeover is not just a typical workout plan; it is a comprehensive fitness and nutrition system designed to help individuals shed unwanted pounds, tone muscles, and build healthier habits. At its core, the program emphasizes a balanced approach that integrates strength training, cardiovascular exercise, and mindful eating. Unlike crash diets or extreme workout regimens, this makeover advocates gradual, sustainable changes that can be maintained beyond the initial transformation phase.

Bob Greene, who rose to fame as Oprah Winfrey's personal trainer, leverages his extensive experience in fitness coaching to tailor this program for a wide range of age groups and fitness levels. The Total Body Makeover often includes detailed workout routines that focus on full-body conditioning, promoting lean muscle development and fat loss. Moreover, the program encourages participants to adopt a positive mental attitude, which is integral to long-term success.

Key Features of the Program

- **Structured Workout Plans:** The program offers progressive exercise routines targeting all major muscle groups through resistance training and cardio.
- **Nutrition Guidance:** Users receive meal plans and nutritional advice aimed at supporting fat loss while maintaining energy levels.
- **Mental Wellness Focus:** Emphasis on motivation, goal-setting, and overcoming psychological barriers to fitness.
- **Accessibility:** Designed for beginners and intermediate fitness enthusiasts, with modifications available for different abilities.

- **Duration:** Typically a 12-week plan, allowing ample time for physical and behavioral adaptation.

Analyzing the Effectiveness of Bob Greene Total Body Makeover

When evaluating the efficacy of any fitness program, it is essential to consider both empirical results and user experiences. The Bob Greene Total Body Makeover has been praised for its balanced methodology, which contrasts with many fad diets and quick-fix workout plans that often lead to burnout or injury. By focusing on total body conditioning rather than isolated exercises, participants can expect improvements in overall strength, endurance, and flexibility.

Several studies underscore the benefits of combining strength training with cardiovascular workouts to maximize fat loss. This principle is central to Greene's approach, where circuit-style workouts and interval training are common components. Additionally, the nutritional aspect of the program aligns with evidence-based guidelines, promoting whole foods, portion control, and nutrient-dense meals.

Comparisons with Other Popular Fitness Programs

To place the Bob Greene Total Body Makeover in context, it is useful to compare it with other well-known plans such as P90X, Beachbody, and Insanity.

- **Intensity:** The Total Body Makeover is generally less intense than Insanity, making it more approachable for beginners.
- **Duration:** While P90X is a 90-day program with a heavy focus on muscle building, Greene's plan balances muscle toning with cardiovascular health in a similar timeframe.
- **Nutrition:** Unlike some plans that provide generic diet advice, Bob Greene's program offers personalized nutrition strategies, a nod to his background in dietetics.
- **Sustainability:** The emphasis on gradual changes and mental conditioning makes it more sustainable compared to programs reliant on extreme workouts or restrictive diets.

Pros and Cons of the Bob Greene Total Body Makeover

No fitness program is without limitations. Understanding the strengths and potential weaknesses of the Bob Greene Total Body Makeover helps prospective users make informed decisions.

Pros:

- **Comprehensive Approach:** Combines exercise, nutrition, and mindset coaching.
- **Adaptability:** Suitable for a range of fitness levels with scalable workouts.
- **Expert-Led:** Developed by a reputable trainer with a proven track record.
- **Focus on Sustainability:** Encourages long-term lifestyle changes rather than quick fixes.
- **Community Support:** Often includes access to online forums or coaching groups.

Cons:

- **Time Commitment:** Requires consistent dedication over weeks, which may be challenging for busy individuals.
- **Cost:** Some versions of the program may come at a premium price compared to free or lower-cost alternatives.
- **Limited Advanced Options:** Fitness enthusiasts looking for highly advanced or specialized workouts might find the program less challenging.

Who Is the Bob Greene Total Body Makeover Best Suited For?

The program is ideal for individuals seeking a well-rounded fitness regimen that integrates physical training and nutrition without overwhelming intensity. Beginners who have struggled with maintaining motivation or consistency in past fitness efforts may find the

mental wellness components particularly beneficial. Additionally, those looking for gradual, manageable progress rather than rapid, unsustainable transformations will appreciate the program's design.

For older adults or those returning to exercise after a hiatus, the Total Body Makeover offers a structured yet gentle reintroduction to fitness. However, competitive athletes or advanced trainers might consider supplementing the program with additional specialized workouts to meet their performance goals.

Incorporating the Program into Daily Life

One of the program's strengths lies in its practical approach to everyday living. Bob Greene advocates small but meaningful changes—such as incorporating walking breaks, mindful eating practices, and stress management techniques—that cumulatively contribute to total body wellness. The program's educational materials often include tips for shopping, meal prepping, and overcoming common obstacles like time constraints and emotional eating.

Final Thoughts on the Bob Greene Total Body Makeover

The Bob Greene Total Body Makeover stands out as a thoughtfully crafted program that addresses the multifaceted nature of health and fitness. It transcends the typical workout plan by weaving together exercise, nutrition, and mental resilience, thus fostering a holistic transformation. While it demands commitment and patience, the program's sustainable philosophy and expert guidance make it a compelling option for those serious about improving their overall quality of life. As the wellness industry continues to evolve, programs like Bob Greene's that emphasize balance and longevity are likely to maintain their relevance and appeal.

Bob Greene Total Body Makeover

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bob greene total body makeover: *Bob Greene's Total Body Makeover* Bob Greene, 2010-05-11 From Bob Greene, bestselling author of *Get With the Program!*, comes a comprehensive, innovative twelve-week plan for transforming your body inside and out. With Bob Greene's Total Body Makeover, you'll achieve maximum results in a minimum amount of time! Knowing that great health and fitness begin with the right state of mind, Greene addresses the important emotional issues behind poor exercise and eating patterns and provides the motivational tools needed to achieve your fitness goals, as well as develop practical and beneficial habits for lasting results. You'll be inspired

and moved by reading the compelling true-life success stories of real people who have taken the challenge and who have changed their bodies -- and lives -- in ways they never dreamed possible! Whether you're struggling to lose that last ten pounds or searching for a radical weight-loss solution, the twelve-week makeover challenge is the answer to your fitness goals. After committing to the program, you'll find illustrated step-by-step workout guides for all fitness levels, combining progressive cardiovascular and intensive strength training exercises designed to revitalize your metabolism and get noticeable results fast. Each of the accelerated workouts has been created to energize and invigorate your body and mind while you have fun and trim down in the process! In addition, Greene takes a fresh approach to the question of diets by providing key nutritional guidelines that work in conjunction with any healthy eating plan, and he explains many of the popular diets on the market today to help you choose the one that's right for you. Finally, there is helpful advice on making the transition back to your everyday life: how to avoid regaining the weight you've lost, and how to maintain healthy exercise and eating habits for life. While many books leave you wondering what to do next, Bob Greene's Total Body Makeover offers enthusiastic and informative hands-on advice and tips beyond eating and exercise, and teaches you how to make your own happiness and well-being the foundation of an active and healthy life.

bob greene total body makeover: *Bob Greene's Total Body Makeover* Bob Greene, 2006-01-02 Kick-start your metabolism into high gear with Bob Greene's revolutionary new exercise and health program!

bob greene total body makeover: The Best Life Diet Revised and Updated Bob Greene, 2008-12-30 Explains how to lose weight permanently in a resource that complements dietary guidelines with dozens of nutritionally balanced recipes.

bob greene total body makeover: *The Life You Want* Bob Greene, Ann Kearney-Cooke, Ann Mary Kearney-Cooke, Janis Jibrin, M.S., R.D., Janis Jibrin, 2011-12-27 Teaming up with prominent psychologist Anne Kearney-Cooke and eating disorder expert and nutritionist Janis Jibrin, Greene helps readers recognize how their mindsets might be preventing them from achieving their fitness goals and gives them the tools they need to break down these barriers.

bob greene total body makeover: The Best Life Guide to Managing Diabetes and Pre-Diabetes Bob Greene, John J. Merendino Jr., M.D., Janis Jibrin, M.S., R.D., 2009-11-03 Bob Greene has helped millions of Americans become fit and healthy with his life-changing Best Life plan. Now, for the first time, Oprah's trusted expert on diet and fitness teams up with a leading endocrinologist and an expert dietitian to offer a Best Life program tailored to the needs of people with diabetes and pre-diabetes. Coping with the unique challenges of living with these conditions can feel like a full-time job. That's why The Best Life Guide to Managing Diabetes and Pre-Diabetes takes a gradual, three-phase approach to improving diet and increasing physical activity and provides strategies for staying motivated. While offering clear guidance, the program is flexible enough that you can tailor it to your needs and abilities. The result: A way of living that improves blood sugar and helps you stave off heart disease, neuropathy, and other diabetes- and pre-diabetes-related conditions while reaching and maintaining a healthy weight. This comprehensive yet readable volume offers the information you need to protect your health whether you are controlling your disease simply with diet and exercise, are taking drugs orally, or need injected insulin. Detailed but flexible meal plans take the guesswork out of eating without making you a slave to the food scale or measuring cups. With complete nutritional analyses, the recipes for budget- and family-friendly dishes such as Vanilla Peanut Butter Smoothie, Cheesy Cornbread, and Slow-Cooked Pork ensure that you never have to sacrifice tasty food. Extensive reference sections, including a complete guide to diabetes drugs and a chart of the carbohydrate value of foods, give you quick answers you can trust, while a log for tracking your blood sugar readings, exercise, and medication helps you stay organized without hassle or added expense. With The Best Life Guide to Managing Diabetes and Pre-Diabetes, you won't have to let your life be defined by your diagnosis.

bob greene total body makeover: *The Best Life Diet Cookbook* Bob Greene, 2008-12-30 A good meal is one of life's great pleasures, but we all know that it can be difficult to choose foods that

make us happy and keep us healthy. In his New York Times bestselling book *The Best Life Diet*, Bob Greene showed more than a million people that you can lose weight and eat delicious food. Now, in *The Best Life Diet Cookbook* he provides more than 175 recipes that taste as good as they are good for you. With recipes like Flank Steak with Potatoes and Garlic and Sweet-and-Sour Stuffed Chicken, it isn't hard to eat well while shedding pounds. Slimmed-down comfort foods like Sweet Potato with Turkey Hash and Beef Stew with Winter Root Vegetables make family dinners satisfying and healthful. Rotisserie Chicken Salad with Oranges and Pistachios comes together in a snap. Or try one of the recipes contributed by world-class chefs like Charlie Trotter or Suzanne Goin, adapted to fit the Best Life guidelines. Craving something sweet? You won't believe that Pear and Banana Crisp and Apple Pie with Oatmeal Crust are low in fat and calories. Also included are three sets of two-week meal plans: The Quick and Easy Plan for when you're most time-pressed; The Family-Friendly Plan with meals to satisfy the whole gang; and The Kitchen Connoisseur Plan for those looking for more of a challenge in the kitchen. Whether you're trying to drop some pounds or simply want to maintain your weight, these plans do all the calorie-calculating for you. *The Best Life Diet Cookbook* is full of useful shopping tips and culinary information. Illustrated with dozens of beautiful black-and-white and color photographs, it is a book you will turn to again and again. Bob Greene firmly believes that every meal should be a celebration both of the pleasures of food and your commitment to living your best possible life, and with *The Best Life Diet Cookbook*, you can reclaim your joy of eating and live the life you deserve.

bob greene total body makeover: *Parent To Child-The Guide* Natalie D'Annibale Bandlow, 2006-02 This guide provides parents with an opportunity to chronicle their own personal history and past experiences as well as the history and experiences of their child's life in a direct, loving, and supportive way. Don't wait - let *Parent To Child : The Guide* assist you in writing the legacy you want and need to leave for your children ... just in case.

bob greene total body makeover: *Menopause For Dummies* Marcia L. Jones, Theresa Eichenwald, Nancy W. Hall, 2011-04-18 A comprehensive and practical guide for women of all ages to gain a clear view of the physical, mental, and emotional changes related to menopause. Although menopause is a natural and inevitable stage in every woman's life, its physical, mental, and emotional manifestations can vary greatly from one person to the next. Add the conflicting expert information about the benefits, risks, and side effects to which women are exposed on a daily basis, and it's easy to see many women find it difficult to make informed choices about how to deal with their menopausal symptoms. Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* provides you with all the information you need to stay in control every step of the way. In plain English, it explains the role menopause plays in a variety of common health problems, such as osteoporosis, stroke, and heart disease. It walks you through proven measures for minimizing your risk of developing complications, including diet and exercise, stress management, hormone replacement, and other techniques. And this no-nonsense guide gives you authoritative, up-to-the-minute coverage of: How to identify pre-menopause (perimenopause) and what it means The stages of menopause How menopause can affect your body, emotions, and libido The latest facts about hormone replacement therapy The pros and cons of various alternative treatments The best ways of handling hot flashes Easing symptoms with diet and exercise Preventing bone loss Helpful lifestyle changes This book has four top ten lists to provide even more ways of navigating the changes you'll experience throughout menopause—exposing common myths about menopause, giving you the scoop on medical tests you might need, kicking around ideas to kick-start or rejuvenate your exercise routine, and tempting you with fabulous healthy foods (because eating healthy doesn't have to be boring). Additionally, the book has a glossary and a list of resources to find more information about menopause, hormones, and related conditions. With *Menopause For Dummies* in your corner, you'll have a kinder, gentler change of life.

bob greene total body makeover: *Sports Injuries* Hal Marcovitz, 2010-04-02 Playing sports can improve fitness and coordination and boost self-discipline and self-esteem, but these benefits sometimes come at a price; sports injuries. This detailed examination covers the causes, diagnoses,

current treatments and rehabilitation for the different types of sports injuries. Since many of them are preventable, author Hal Marcovitz includes a discussion of training and safety techniques as well as changes to equipment that have been instituted as a result of common athletic injuries.

bob greene total body makeover: Person-Centered Diagnosis and Treatment in Mental Health Peter D. Ladd, AnnMarie Churchill, 2012 Clients with mental health conditions are often diagnosed and treated using a strictly medical model of diagnosis, with little input from the client themselves. This reference manual takes a person-centered, holistic approach to diagnosis and treatment, seeing the client as the unrecognized expert on their condition and encouraging their collaboration. Designed to complement the DSM-IV, the manual covers several different conditions including ADHD, depression, bulimia, and OCD, as well as mental health 'patterns' such as abuse, bullying, violence and loss. In each case, the client is involved in the diagnosis and treatment plan. The book features extended case studies, sample questions and treatment plans throughout. This will be an essential reference book for all those involved in mental health diagnosis and treatment, including psychologists, psychiatrists, mental health counselors, clinical social workers, school counselors and therapists.

bob greene total body makeover: Tom Danielson's Core Advantage Tom Danielson, Allison Westfahl, 2013-01-01 Tom Danielson's Core Advantage offers a simple, highly effective core strength program for cyclists. This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling--no gym membership required. Professional cyclist Tom Danielson used to have a bad back. He shifted in the saddle, never comfortable, often riding in pain. Hearing that core strength could help his back, he started doing crunches, which made matters worse. He turned to personal trainer Allison Westfahl for a new approach. Danielson and Westfahl developed all-new core exercises to build core strength specifically for cycling, curing Danielson's back problems. Better yet, Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power. Using Danielson's core exercises, cyclists of all abilities will enjoy faster, pain-free riding. Cyclists will perform simple exercises using their own body weight to build strength in the low back, hips, abs, chest, and shoulders without adding unwanted bulk and without weights, machines, or a gym membership. Each Core Advantage exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body, improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back, neck, and shoulders. Beginner, intermediate, and advanced training plans will help bike racers, century riders, and weekend warriors to build core strength throughout the season. Each plan features warm-up stretches and 15 core exercises grouped into workouts for injury resistance, better posture, improved stability and bike handling, endurance, and power. Westfahl explains the goal for each exercise, which Danielson models in clear photographs. Riding a bike takes more than leg strength. Now Tom Danielson's Core Advantage lays out the core strengthening routines that enable longer, faster rides.

bob greene total body makeover: eDiets The Editors of eDiets.com, 2006-04-04 No matter what your age or size, in Weight Loss Solutions, you'll find the motivation and sound weight loss advice that you need to take off the pounds and keep them off for good. More people visit eDiets for diet and fitness advice than any other diet/nutrition website. Along with effective weight-loss solutions tried and tested by millions with the before-and-after photos and stories to prove it, this book also contains accessible fitness programs developed by none other than Oprah's trainer, Bob Greene, and the best-selling author of Eating for Life, Bill Phillips (both eDiets consultants). To support your efforts and make lasting changes, eDiets has also included recipes relevant for the type of diet that's best for you; a journal section based on years of research at eDiets.com; and a useful calorie and carbohydrate counter section that covers all the most important foods, all in an easy-to-use format. This is truly the one handbook based on proven results that provides a solution for everyone trying to lose weight. eDiets is the #1 online diet/nutrition website. eDiets' active database is 13 million. eDiets receives 7 million visitors each month.

bob greene total body makeover: 20 Years Younger Bob Greene, 2011-04-26 It's time to

turn back the clock! In *20 Years Younger*, Bob Greene offers readers a practical, science-based plan for looking and feeling their best as they age. The cutting-edge program details easy and effective steps we can all take to rebuild the foundation of youth and enjoy better health, improved energy, and a positive outlook on life. The four cornerstones of the program are: an exercise regimen for fighting muscle and bone loss, a longevity-focused diet, sleep rejuvenation, and wrinkle-fighting skin care. Woven throughout the text is practical advice on changing appearances, controlling stress, staying mentally sharp, navigating medical tests, and much more. Readers will walk away with a greater understanding of how the body ages and what they can do to feel-and look-20 years younger.

bob greene total body makeover: Love Your Body, Love Your Life Sarah Maria, 2009-10-18 Eating disorders. Steroids. Plastic Surgery. We'll do anything to look better—and yet we still feel bad about how we look. Self-loathing has reached epidemic proportions. But there is a way to end self-destructive thoughts and behavior. In this book, noted body-image expert Sarah Maria presents her proven five-step plan anyone can use to overcome negative body obsession (NBO). She helps you: Commit to change Identify and detach from negative thoughts Discover who you really are Befriend your body Find your purpose Love your body, love your life Complete with exercises, case studies, and testimonials, you can learn how to stop obsessing over food and your body and achieve permanent peace with both. You'll banish NBO forever, and feel healthy, radiant, beautiful, and desirable—every day!

bob greene total body makeover: *The Publishers Weekly* , 2005

bob greene total body makeover: The Pescetarian Plan Janis Jibrin, Sidra Forman, 2014-03-11 With more than 100 mouthwatering recipes, switching to a vegetable- and seafood-based diet has never been easier, healthier—or more delicious! You can go vegetarian to slim down, help reduce your risk for cancer and cardiovascular disease, feel great, and probably live longer. Or you can eat fish to help protect your heart, quell appetite, stay sharp, be happier, and even have better skin. (You read that right!) Better yet, you can enjoy the best of both worlds with *The Pescetarian Plan*—a delicious, easy-to-follow, one-of-a-kind program for weight loss and optimal physical and mental well-being. Inspired by the traditional Mediterranean way of eating (“pesce” is the Italian word for “fish,” and “pesca” is Spanish for “fishing,” thus the alternate spelling “pescetarian”), veteran nutritionist Janis Jibrin, M.S., R.D., offers step-by-step portion- and meal-planning instructions, including a wide variety of quick and easy breakfast, lunch, and dinner recipes to help you meet your weight-loss and health goals. She shares her deep knowledge of the science behind the healthiest diet on the planet, deftly explaining the amazing potential benefits of eating the pescetarian way—including whittling your waist, reducing chronic inflammation, preventing arterial plaque, and possibly warding off Alzheimer's. She also breaks down the latest information about mercury, overfishing, and the environmental impact of your ingredient choices. With Chef Sidra Forman's expert guidance, you'll become confident in the kitchen—fish and other types of seafood are much easier to prepare (and much harder to mess up!) than you may think. And the mouthwatering recipes and photos—including Broiled Trout with Preserved Lemon and Thyme, Grilled Shrimp with Peach BBQ Sauce, Roasted Chick Pea Snacks, Blueberries Baked with Sweet Cream, and Chocolate Cupcakes with Mint Icing—give you options the whole family will love. On the Pescetarian Diet you will: • See inches around the waist disappear • Feel more active and productive • Fill your plate with the best, most nutritious food • Stop counting calories—it's all in the portions • Go at your own pace: start slowly or dive right in • Really enjoy your food and its many benefits Praise for *The Pescetarian Plan* “The [recipes] in this book are designed to leverage both science and satisfaction.”—*The Washington Post* “Informative and inspiring . . . [includes] 100 approachable recipes.”—*Publishers Weekly*

bob greene total body makeover: Winning After Losing Stacey Halprin, 2009-05-30 Struggling with her weight for decades, Stacey Halprin eventually won the battle and lost over 350 pounds. But after gastric bypass surgery and one diet after another, she realized that the most difficult part isn't losing the weight--it's keeping it off. Now, for the 90% of dieters who have lost weight only to gain it back, Stacey presents her unique program that will keep the pounds off

permanently--whether you've lost 15, 25, or 50 pounds. Complete with expert advice from medical doctors, psychologists, nutritionists, and fitness gurus, *Winning After Losing* reveals the secrets that will finally put an end to self-sabotaging habits and yo-yo dieting. This is an inspirational, motivational guide that shows readers how to maintain and truly enjoy a healthier lifestyle.

bob greene total body makeover: Imagine Not as Much: 13 Weeks to Better Spiritual and Physical Health Nathan and Tammy Whisnant, 2020-03-20 Do you feel overwhelmed at the thought of losing weight? Have you wished that you could find a diet and exercise program that would work for you? Have you ever imagined not as much of yourself? Nathan and Tammy Whisnant were once there themselves-overweight, exhausted, and unable to enjoy their grandchildren. But one day, the Holy Spirit convicted them of their need to be the best version of themselves, and together Nathan and Tammy have now lost nearly a hundred pounds. After working off the weight themselves, the Whisnants decided to share their secret to success with others, and *Imagine Not as Much* was born. *Imagine Not as Much* focuses on four fitness aspects: nutritional: learn how to set goals, set your calorie intake, identify what types of food to eat, along with when and how to eat them; physical: learn the different types of activities and choose the ones best for you; motivational: receive encouragement to set your mind to this lifestyle change and to conquer road blocks that you may face; and spiritual: learn how to begin a relationship with Jesus and ways you can deepen that relationship. Including daily devotions by Nathan and Tammy's tidbits, *Imagine Not As Much* encourages a healthy mind, body, and soul.

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