



TABLE OF CONTENTS

Welcome, My Fabulous Friend!	3
My Fabulous Story	4
Fabulously Sensational Decisions	7
Fabulously Irresistible Mind	11
Fabulous Star-Studded Journaling	13
Fabulous Hot Sexy Workouts	15
Fabulously Sensuous Weight Release	18
Fabulous Hot Fat Burning	20
Fabulously Exciting Nutrition from the Inside-Out	21
Fabulously Electric Supplementation	24
Fabulously Funky Plateaus	26
Fabulously Wacky Road Blocks	28
Fabulously Juicy Rewards	31
Fabulous Bootylicious Fitness Wear & Tools	31
Secretly Fabulous Tip	32
Staying Absolutely Fabulous	34
Fabulously Hot Women—Everywhere	34
Fabulously Bodacious Bonus Tip	35
A NOTE FROM ME	38

Welcome, Fabulous Friends!

As a woman whose life is also always super-busy, I understand that making time for activities outside of what you have to do in a day can be as challenging as a man who doesn't understand garter belts or bra hooks. So grab your favorite beverage, get comfy, and let's have a chat about something that's a significant piece of the You Fabulous Woman pie.

The concept of being Fabulous is about being Fabulous in every area of your life. This particularly includes your body. So, if you desire to be Fabulous, you have to give attention to how you will look and feel the part. Fabulous women know that being truly fabulous is an inner and outer experience — and who doesn't want a Fabulous in-and-out?

I can practically hear you saying, “Oh, please, girlfriend, I'm so busy, I don't have time to take care of my body. I don't have time to find information about getting fit. Take care of my body?! Are you telling me I need to watch what I eat...again? Are you saying you want me to exercise? If so, how often and which parts of my body would I have to move? I'd have to read articles, talk to fitness people, hire a personal trainer, and get workout clothes. YIKES! I don't have time

for that; and besides, I don't even know what people wear to work out in these days. And, what if I begin to get this fabulous body I'm destined for, but still don't look or feel fabulous?"

Take a deep breath girlfriend and relax.

Lucky you — I'm here to help you with every issue, and more, listed above. I've done the research that will get you a Fabulously Hot Body and help you look good while you're getting it. You do want to look good while you're getting it, right?

I put this information together so that it's easy for a super-busy woman such as yourself to skim through it and find exactly what you need, when you need it.

So, let's not waste any more time. We gotta get you looking and feeling great!

MY FABULOUS STORY

I'll share a little secret about me — I wasn't always Fabulous. I know how surprising that may be to some of you, especially if you've seen me lately; but seriously, I wasn't.

From early childhood to my teen years, I was anything but Fabulous, especially in the weight arena. I was called names like fatty, porky, gumpy — you name it (sniff). I had all the names for the *other* seven dwarves.

When I was a roly-poly toddler, my uncle would playfully push me down and laugh hysterically because he said I looked like a turtle when I tried to stand up. My chubby legs and arms would flap at my sides while I attempted to roll off my back. When I finally got up to walk again, I was totally thrilled, smiling and clapping at my accomplishment; but he would push me right back down again to amuse himself more.

That might be cute when we're babies and we need what's called baby fat so we can grow, but at some point, it's no longer cute. If you had a similar experience as a child, or are still having it — I feel your pain.

If you're ready to stop being a turtle and become a slinky pantheress, you're in the right place at the right time. Even with my chaotic and sometimes crazy life, I make sure that I do what it takes to maintain a rockin' hot body that is so sexy I literally have to hide from men all day long even though they know I already have a man.

When I first faced my challenge (and commitment) to create my fabulous body, I tried methods like Phen Phen, the cabbage soup diet, a starvation diet, Ephedra, fat burners, Atkins, Zone, and excessive exercising. There were countless more lame diets I tried, but you get the picture. Some of these *&%#@ products, plans, pills, and programs even made me gain weight! We've learned the hard way that weight maintenance is about healthily stimulating our metabolism. If we

wreck it with improper weight-loss methods, we gain even more weight than what we were trying to lose. We want to lose weight and inches, not use loser techniques.

And, not one of those methods helped my energy level sky-rocket or made my brain function at warp speed like it does today.

With the help of a few Fabulous friends of mine, as well as years of research and what seems like a lifetime of trial and error, I finally learned how to maintain an absolutely Fabulous Hot Body that makes many men lust over my curve-appeal (especially my hot honey), and I'm going to tell you how to do it in this little book.

I now wake up every morning at 4:30a.m. and fall soundly asleep at 10:30p.m., feeling sensational both times and all day long; and I want the same for you, if you choose Fabulous, too.

Let me tell you another sexy little secret: Being hot doesn't mean that you have to be waif thin or look like a Q-tip with lips.

SASSY TIP! Some of the hottest of hot men have told me they aren't attracted to women who are waif thin.

That super-skinny effect might look good on a TV honey, but in person, her lack of booty won't fill in a pair of jeans and usually doesn't stimulate what's in a man's jeans. TV and movies "add" about 10 pounds to how a person looks, and this is why many actors are thin as rails.

My curves are now in all the right places instead of where they don't belong. Remember, only you will know when you've reached Fabulous and Hot for you; and it should come with a little meat on your bones. Understood? Men really like to have something to hang onto (or spank).

When you get that body and booty you've dreamed of, your chin will rise; the corner of your lips will curl up in a Mona Lisa smile; your walk will bounce (but not jiggle); you'll reveal "just enough" to keep heads turning; you'll feel, look, and be confident and self-assured; and you'll know that all eyes are always on... Fabulous You, and why.

To help you bring your Sexy Self back or out, I want you to first review the weight/height chart the end of this book. We want to make sure that you not only look your most Fabulous, but also feel the very best that you can by staying within your perfect weight.

SASSY QUICK TIP! It is also important to get your body fat measured. Most nutrition shops will check your measurements and body fat for you.

FABULOUSLY SENSATIONAL DECISIONS

Contrary to popular belief or desire, a rockin' hot body doesn't happen all by itself. You have to create it, sculpt it with exercise and right food choices, and commit to keeping it. Need more than imagining men wishing you were theirs to

motivate you to get the results you desire? I invite you to do a little non-physical exercise with me right now.

Answer these questions and visualize them in your mind.

1. When you look in the mirror each morning, what do you say to yourself? Do you say, “Look at these bags under my eyes. I’m not old enough for my boobs to hang that low. I feel bad enough already; and unless I want to remain in this state, I’d better... I’d better... I’d better not turn around! Yikes!”
2. When you and your mate get frisky, do you think, “Where’s the light switch? I’d better hurry and turn the lights off before things really start to heat up.” (Maybe you even invested in one of those clap-on/clap-off switches for speedy retreats into the dark.)
3. How did it feel the when you purchased that larger-sized pair of pants? What did you see when you looked at yourself from the back in that double-mirrored fitting room? Did you ask that “other woman” to find her own fitting room?
4. What not-nice names, comments, or gestures have people used about or to you over the years? Were they as mean as what people said to me until I put a halt to this by becoming Fabulous?

There, there, girlfriend. Dry your tears. All of this is about to be in the past.

Now, let's get moving.

If you'd like to change any of what you just read, take a heartfelt moment to answer this next set of questions.

1. How would you feel if you woke up each morning, looked in the mirror and said, "I look Absolutely Hot Today!"? How alive and frisky and Fabulous would you feel if you woke up and saw the image of a true "Hot Momma," and it was you?!
2. How super-sexy and confident would you feel the first time you stepped out looking and feeling absolutely and Fabulously Rockin Hot? Would you walk differently? Would you talk differently? Would your height increase by a couple of inches, and not just because you were wearing heels? Would you like to know what this feels like for the first time or again?
3. Who would you like to reconnect with? What would your ex say if he saw you looking can't-touch-this scrumptious because you were wearing your tightest red dress that clings to your new sleek figure...with matching stilettos, of course?
4. Visualize doing the things you've always dreamed of but never had the courage to do. Would you get a sizzling hot-pink two-piece bathing suit for your next vacation? Would your next pants purchase be so skin-tight and

sexy, you'd rush to the phone and gather your girls to celebrate with a night on the town? Would your career ambitions stimulate you to seek lots of exposure such as in TV or modeling?

Which of these questions tickled your Sexy button? If you visualize a "Fabulous You" in these answers as you say them to yourself, you'll more than overpower your negative emotions and turn into a motivated ball of fire. You are a ball of feminine fire, right?!

SASSY QUICK TIP! Focus on the end result and all the wonderful feelings that looking Fabulous will be like for you, to help increase your willpower and achieve your goal.

My friend Marlene Puderer, a two-time champion of the 1980 and 1982 San Francisco bodybuilding contest and National Certified Fitness Specialist states, "A strong willpower is having a strong vision of the way you want to look, what one wants in life, and where you want to be in a certain amount of time." Always have a goal statement and check it every day.

SASSY QUICK TIP! "Never diet because diets fail." — Marlene Puderer

Those processed food diets don't work either. You know which ones I'm talking about. After having three children, Marlene began her trek to regain a lusciously fit body and she did it!

ANOTHER SASSY QUICK TIP! A Fabulous woman never surrenders to negativity.

You'll want to invite other women dedicated to being Fabulous to join you. When you chat with each other, the only wine you want in the room is the kind you sip. Make it a No Whining Zone. Do Not Complain; embrace the path to Fabulous. No excuses... Do it. The end result will be well worth the effort.

“Never give up, for that is just the place and time that the tide will turn.”

Harriet Beecher Stowe, Writer

FABULOUSLY IRRESISTIBLE MIND

A sluggish mind creates a sluggish body, which is not Fabulous.

1. The way to change your mind is you must, I repeat, you must change your mind-set of old habits and limiting beliefs.

Life coach and personal trainer, Jana Beutler-Holland, M.Ed.

(<http://www.lifeinmotioncoaches.com>), says that it can be very difficult to start anything. A great way to have a solid start is to meditate on and envision what it feels and looks like to have good health, a positive body image, and self-confidence.

The best advice I ever received, and must share with you, is to set your alarm 10-15 minutes earlier each morning than you might, to meditate. Meditation helps relieve stress so you won't be tempted to eat too many succulent treats, and also helps put you into the right frame of mind to aim for and reach your goals.

Stress is neither sexy nor Fabulous, and it adds pounds!

2. Many men have told me that a woman who has goals and a stable mind-set is totally hot. So, meditate.
3. Get a CD with embedded alpha brainwave frequencies. Fifteen minutes of being in the alpha state is equal to three hours of restful sleep. Now, that's Fabulous!

Let me show you how to do an easy meditation, especially for those of you who've never done it.

SASSY QUICK TIP! I use ear plugs to tune out noise. Try it. It's perfect for moments of Q-time.

◇ Find 10 minutes of quiet every day.

◇ Close your eyes and relax your mind and body by taking 5 deep breaths, in and out, through your stomach.

◇ Visualize the outcome of what you want your fabulous body to look like. See it as though it's already yours. Always focus on where you're going, not on where you've been or are.

◇ Really feel what having a fabulously hot body will give you on the inner and outer levels, like more confidence and more well-deserved attention.

SASSY QUICK TIP! Review the second set of questions noted at the top. Doing so is sure to get your mind rockin' and rollin' on the path to hotness.

FABULOUS STAR-STUDED JOURNALING

This is an important one, my busy friends, so listen up. Keep a journal with you at all times.

SASSY QUICK TIP! The same journal, daily planner, or steamy diary you use daily can also be used for your workouts. That way, you have no excuses not to write in your journal because it's close to you all day long.

Your work or personal journal provides an unforgettable and constant reminder to you like, “Hello, Fabulous! You have goals to accomplish today. You know your target. Now, take aim and fire. And keep firing until you hit it.”

It's really simple. Here are my Hot Tips about what to include.

1. Exercise — List dates, exercises performed, and duration so you can review things that worked well and areas that may need to be improved. Remember, you want to achieve the best results that will make you Fabulous and Fascinating (and feeling and looking your erotic self) in the shortest amount

of time. Tracking your progression does this for you, but having someone else track your progress could be much more enjoyable.

SASSY TIP! Ask your honey to give you a treat each time he notices your results.

2. Nutrition — Every time you eat a meal or snack, track it! Note the foods and portions of what passes your luscious lips. This includes what your hot honey finger-feeds you at dinner, and even the whipped cream you... You know the rest.
3. Measurements — Buy a tape measure if you don't already have one and track your chest, arms, waist, hips, thighs, and calve measurements weekly. Have someone else help you if you need it. Just know, though, the best measurements are done in the nude. Yes, I mean you're nude. Well, depending on who you get to do the measuring, you might make it a requirement for both.
4. Notes — Keep a small diary of how you feel each day, meditations, affirmations, and whatever else that may hinder (or help) your progress such as an unexpected dinner invitation to your favorite restaurant — and better food choices when you order.

That's all you need to include in your journal. See, I told you it isn't much. Just try not to get distracted by surprise guests... You know, the men who want to woo you over dinner, hoping you're desert.

Here's a goal to imagine: Imagine the day you put on a little pout, start to slowly undress in front of your hottie and seductively say, "Sweetie, would you do me a little favor and help me take my measurements (and do it in broad daylight!). What you ask him to do with the tape measure once things get hot is up to you. Hmm...special fabulous tip: Buy a measuring tape made out of silk.

FABULOUS HOT SEXY WORKOUTS

Let me give you a little advice. Even with your busy, stressed-out schedule...you must find time for You! If you don't, your body will make you take a break, which leaves no time for a fabulous life.

So, if you want a body men drool over, one with a perky top, small waist and shapely come-here-honey hips, you've got to get yourself off the couch and away from the TV, leave work at work, and get your booty in gear.

If you want energy levels that are out of this world, skin that glows, hair that shines, and be seen as Fabulously Hot by all... You Must Exercise. Jello-jiggly booty is not Fabulous. However, a rounded, shapely booty is. Now, let's get 'em, tigress.

Here's how you do it.

Sassy Tip #1: Exercise early in the morning and on an empty stomach.

SASSY QUICK TIP! Exercising in the morning on an empty stomach allows you to use energy reserves from fat first which makes you lose weight more rapidly. Super Sexy!

Sassy Tip #2: Drink a large glass of water before, during, and after your workout. Drink your 8 glasses every day and watch your skin glow like after an O!

SASSY QUICK TIP! Prepare the night before. This ensures you won't forget anything the next day as you run out of the house, such as your socks or underwear, which makes for an undesirable day. (Well, a no-panties day *might* be an interesting day.)

Sassy Tip #3: Eat quality protein after your workout.

SASSY QUICK TIP! A delicious whey protein drink or bar is fast and will pleasantly stimulate and replenish your muscles. This helps you get a lean, sexy, strong, and fabulously hot physique fast.

ANOTHER SASSY QUICK TIP! Break up your workouts.

If for some reason you can't make your a.m. workout, exercise during each of your breaks at work, which is a great way to get away from the computer and release stress. Who knows, someone might want to join you for a lunchtime stroll. Looking and feeling refreshed and on top of your game at work, blasts productivity upward. Take different-sized exercise bands and a pair of athletic shoes to work and run up and down stairs or take walks around the block.

Here's a fairly simple exercise for nearly any time and any place — just make sure you're wearing something appropriate since you have to bend over. Whether just for a breather or while waiting for water to heat, coffee to perk, or tea to steep, keep your knees relaxed and legs straight. Bend over and get your palms as close to the floor as you can. Hold for a few seconds, then ever-so-slowly roll up as you exhale and suck in your tummy. Make it even better by rolling your shoulders back when you come all the way back up. This is a quick and easy leg stretcher, tummy flattener, posture booster, and brain energizer.

Remember this, If you want something amazingly bad enough (or want to look amazing when you're being "bad")... going above the call of duty for incredible booty will arouse Sexy Fabulous You into action.

Fit your workout into your schedule, even if it's tight (so you can be tight and toned for those marathon work, social, and hot-honey sessions). Exercise is the

foundation of taking care of your body. You can do it! I know you can. Even a little goes a long way. Well, you know what I mean.

FABULOUSLY SENSUOUS WEIGHT RELEASE

This section makes sure that you not only reach your desired weight, but that your body is Rockin' yet Sensual! Continue to exercise in the morning after the natural overnight fast and drink plenty of water. Nothing (with calories that is) goes into your mouth after dinner.

SASSY QUICK TIP! Add resistance to your workout. Contrary to what you've heard, you won't look like Arnold in his bodybuilding years if you lift weights. If you want your man to really notice your fabulous body, sans jigglies – and lean and tight, you must add resistance into your workout.

ANOTHER SASSY QUICK TIP! The more lean muscle you have, the faster you burn fat.

I bet you're on board now! And, it's really simple to do. Check out these options below. Be flexible. Try them all or stick with one that you like best for a while, and change up your routine as you like.

1. Work 1-2 body parts a day by using medium to heavy resistance.

SASSY QUICK TIP! The Internet has many exercise routines you can print out and take with you. This portion of your workout should only take 15-30 minutes.

2. If you prefer to join an aerobics class, take classes that incorporate weights and try to increase resistance or weights every 2-4 weeks.

SASSY QUICK TIP! To blast your fat-burning program, learn how to perform each exercise by joining a class. You'll have a personal trainer there to watch your every move, at no additional cost, so make sure that he's super hot.

3. Supplement 1-2 workouts a week with a Pilates or yoga class.

SASSY QUICK TIP! When done correctly and using the proper resistance, Pilates will turn your body into a long, lean, toned, and flexible "Brick House." Isn't that exactly what he (and you) would want?

Edith Aboul-hosn, President of From Mind To Body, Inc., says sexy is a state of mind more than a state of physicality. However, if you've achieved Fabulously healthy and aesthetic improvements to your body, then know this result automatically comes with a Sexy clause!

Taking care of your health, committing to *healthy* weight loss, committing to any form of exercise, committing to a whole foods diet, committing to life, committing to loving yourself and others...ALL position you firmly in Club SEXY,

HEALTHY, and BEAUTIFUL, whether you lose 10 pounds or 100! And, who doesn't enjoy a really Fabulous position?!"

SASSY QUICK TIP! Google Pilates to find the closest studio near you, or purchase a few Pilates video tapes and work out at home.

FABULOUS HOT FAT BURNING

It's so important that you include cardiovascular exercises at least 4-5 days per week. A cardio workout revs up the fat-burning process and invigorates your workout. You want to stay in shape and limber enough for your "preferred" cardio workout. Just be careful around your ears and eyes (and his) when you wear stilettos.

It doesn't matter if you perform cardio before or after resistance training. I've seen women who look absolutely fabulous doing it both ways. Pick whichever order you like. At home, pop in a video, jump rope while watching TV, jog around the house, jump up and down, put on your shoes and run or walk outside. At the gym, use the elliptical trainer, treadmill, or stationary bike. In the bed, switch it up often. I'm sure you get the picture.

Check out some things I've done to spark up my burn.

1. Do cardio after your resistance training. If you perform cardio first, you may be too pooped to do resistance training.

And fellow time-saving Ladies, think about this one for a minute...

SASSY QUICK TIP! Read your text books, review your proposals, or conduct research while you sweat on the treadmill or the bike. What a great use of time!

2. Set your clock, watch, or computer to chime every hour to remind you to take deep breaths. Breathe in for 7 counts, hold for 28 counts then breathe out for 14 counts. Do this 10 times each hour. Deep breathing is known to set your metabolism into hyper-speed mode. Experts say that deep breathing does wonders for weight loss. I also advise you to combine deep breathing with exercise to create a Rockin' toned look.

FABULOUSLY EXCITING NUTRITION FROM THE INSIDE-OUT

Have you ever seen someone who works out regularly in the gym, but always look worn out, and maybe over-nourished or even under-nourished? I'm sure you know what I'm talking about. Even though these women are dedicated to their workout routine, I don't consider them to be candidates for the *You Fabulous Woman* image.

In order to be seen as sexy, hot, stunning, and mesmerizing, you must look like the epitome of Fabulous by bouncing with energy, have glowing skin, shiny hair...the entire package must shimmer and sizzle. To achieve this, you have to be

sufficiently nourished. So, put down the darned French fries! Exercise, alone, will not get you the Fabulous Body you desire. You are scary busy and work way too hard to mess up the exercise routine you fit into your busy schedule by eating a greasy hamburger. It's just plain insane!

Follow these Primo-Prima-Divalicious tips to ensure your nutrition rocks!

1. Choose organic foods as often as possible. Eating organic is like eating the real foods your grandparents picked and ate from their own garden. Organic foods don't have the toxic buildup of pesticides, insecticides, hormones, antibiotics, and whatever else is put into our foods nowadays.
2. If you're too busy to cook your meals, choose higher-quality restaurants. They usually cook with better quality fats and you can customize your meals.
3. Sunday time-saver: Use each stove burner and your oven to cook and grill all your meats, carbohydrates, and vegetables at one time. Put foods in containers and into the freezer. Pull out a ready-made meal each day, as needed.
4. If you don't have the time to cook a variety of meats, choose quality protein shakes to add to your healthy eating program to ensure that your muscles get the proper nutrition.

5. After your workout, consume a good source of whey protein and complex carbohydrates. You know what too many simple carbs will do to your figure, so eat them in moderation.

SASSY QUICK TIP! Complex carbs (fruits, vegetables) build your body and energy. Simple carbs (pasta, bread) rob your body of healthy energy – unless you're an Olympic athlete or training to be one.

6. Complex carbohydrates ensure that your blood sugar levels remain stable. Eat brown rice, yams, and potatoes. Remember: Absolutely Do Not eat simple carbs after 4p.m.
7. Be sure to eat plenty of green vegetables daily. Green vegetables provide lots of fiber and keep us regular. Stimulated digestion is primo for health and for making skin glow.
8. Have a serving of fruit every day. Eat fruit with low GI or glucose levels such as apples, plums, and oranges. Sugary fruits may make you hold excess water, so eat these in moderation.
9. Eat 5-6 small meals and drink 8 glasses of water a day. This ensures that your appetite stays mellow throughout the day and also stimulates your metabolism and your libido.

FABULOUSLY ELECTRIFYING SUPPLEMENTATION

Supplementation is important to ensure that you get the proper nutrients needed for a healthy internal environment. Shop the Internet for good deals if you don't have access to a vitamin superstore.

SASSY QUICK TIP! Your insurance health care provider may offer herbs and other supplements at a discount on their website.

Check out these star-powered supplements for Fabulous You results.

1. Good quality multi-vitamin/mineral combo. Fabulous women must always have high energy levels to stay spicy hot, so a good quality vitamin is essential; and I don't mean those cheap vitamins you get at the drug store.
2. Omega 3/6. A woman's heart health is beyond important, so be sure to add these to your cupboard.

SASSY QUICK TIP! I add flax seed meal to my shakes so I get all the benefits of my omegas while the fiber fires up my regularity and beautifies my skin.

3. Whey Protein. Be sure to find a whey protein that has low carbohydrates and sugars. You want to feed nothing but the most efficient nutrients to your lean muscles.
4. Vitamin C. How can you continue to work toward your goals if you are sick all the time? Take your Cs to build a healthy immune system.

5. Digestive Enzymes. A bloated stomach? So Not Fabulous. As we age, we lose enzymes that help break down our foods, so be sure to take your Es. And, chew your food slowly and well. Learn which food combos are disruptive like meat and potatoes, protein and fruit. These combos cause problems.
6. Calcium. If you want to remain sultry and sensual for years and years to come, take care of your bones with these vites that also help you keep your bite. You like to give a little bite now and then, don't you?
7. Vitamin B-complex. Emotional ups and downs can ruin everything we're trying to achieve in becoming Fashionably Hot; so, don't forget your Bs to de-stress and maintain a "come-and-get-it-'cause-I'm-in-the-mood" attitude.

SASSY QUICK TIP! Use one of these Natural/Non-thermogenic Fat Burners to jump start fat loss even more!

Pyruvate: Burns fat and stimulate energy.

7-Keto: Loses fat, builds muscle, and slows aging.

CLA: Builds muscle instead of fat.

L-Carnitine: Turns fat into energy.

FABULOUSLY FUNKY PLATEAUS

Have you experienced this?

You're diligent about your fitness program and exploding with motivation to lose weight or fat. You're truly dedicated to following the program and you've been getting serious results then — Everything... Stops! You think, "What's wrong? Is it the scale? Is it me? Have I lost my mojo?" No.

Listen, missy, it's most likely it isn't you or a faulty scale. After performing the same routine repetitively, your body tends to get used to the routine and stops working as hard to give you the fabulous results you've been getting. Just like you respond better to bedroom variations (or wherever), so does your body.

Don't fret, girlfriend. I have a little solution to your funky dilemma that will kick your booty back on track to lusty and lusted after in no time.

SASSY QUICK TIP! Marlene Puderer suggests you keep your body guessing and never stick to the same exercise routine. Do whatever you like; just Change It Up to Charge It Up!

SASSY TIP! Choose exercises based on how you feel on a particular day. Let the weather decide if you are going to run outdoors or walk inside on the treadmill. Feel flirtatious? Take an aerobics class that includes men. Feel your libido knockin'? Play volleyball (in your sexiest swimsuit or shortest shorts). Feel erotically sexy? Take a belly dancing or strip dancing class.

The only thing you need to remember is to change any one of the following items frequently. Pick one every week or every other week. Make this fun, girlfriend, and soon you'll begin to love it.

1. You want to change up the duration of your workout time often. So, let's say you feel like walking one day — walk for 40 minutes. The next day or even the next week, you may feel like running; so run for 30 minutes. It's that simple.
2. To really get past a plateau, change the days of your workout. Work out Monday, Tuesday, Wednesday, Friday, and Saturday for 2 weeks, then work out Sunday, Monday, Wednesday, Thursday, and Friday for the next 2 weeks. If there's a hot guy at the gym, this variation will keep him guessing about you and give him breaks between each week to anticipate seeing you again. He may even wonder what other variations you enjoy.
3. Remember that resistance training is absolutely important for a rockin' tight bod. Check out these funky ways to break the monotony. Walk up an incline of 15% upgrade for 2 weeks then walk at an incline of 5% upgrade for 2 weeks. When lifting weights, lift for 8-10 reps or until you know you should stop. You should hit that point around the 8th to 10th rep. Only you know when you've worked hard enough.

4. Want to really make it steamy? Change speeds often. (This works for exercise, too.)

SASSY QUICK TIP! Change speeds, up or down, every 2 minutes. This makes your workout go by much faster.

Here's another option. Walk at a speed of 3.0mph for 1 week, then at a speed of 4.0mph for 1 week, then back down to 3.0mph the next.

SASSY QUICK TIP! Use your ear phones and iPod for outdoor workouts. Watch your Ti-Voed sitcoms if you workout at home. These little additions will help you buzz right through your workout. Note: Listen to music that revs up your "sexometer" wherever you are; and while you're glowing and wearing a sly smile, men will break into a sweat just watching you.

FABULOUSLY WACKY ROAD BLOCKS

Still got weight-loss resistance after faithfully following my tips? I suggest you seek the help of a qualified health professional, preferably one who is knowledgeable about all-natural health care so you can get to the bottom of this and back on track to Fabulousness.

SASSY TIP! If your doctor doesn't look like the epitome of health, find another doctor that does because during wacky times like this one, we need someone with experience who knows what she's talking about.

Your resistance could be coming from a number of issues, so ask your doctor about these possible causes.

◇ Food allergies/sensitivities,

◇ Hormonal imbalances (read *Suzanne Sommers' Slim and Sex Forever: The Hormone Solution for Permanent Weight Loss and Optimal Living*),

◇ Thyroid issues,

◇ Chronic stress and cortisol levels, and

◇ Lack of sleep. Yes! Not getting enough sleep causes weight gain, especially in the tummy area.

Jeanne Peters, Nutrition Director, Designer of the Deal-A-Meal program for Richard Simmons, and more credentials than you want to read here, suggests that you...

1. Enjoy healing herbs and spices with your foods: Add curry and turmeric for their phytoestrogenic & antioxidant properties. Add cumin, rosemary, ginger, thyme, fennel, dill or dill seeds, apple cider vinegar, or fresh lemon juice to aid digestion and balance hormones.

2. Enjoy healing teas between meals such as green, white, ginger, licorice, rooibos, ginseng, red clover, mint, lavender, nettle, or a combo.

3. Get 7-8 hours of restful sleep every night and aim to be in bed before 11p.m. to renew your hormones and let your body do its nighttime repair.

SASSY QUICK TIP!

All work and no play will make you a very dull girl...Not Fabulous. So take a day off from time to time and set a spa appointment, or buy a do-it-yourself spa kit and make your own bathroom a spa retreat. And, nothing beats a full-body massage. You'll get luscious results from these. By the time you see your honey again, you'll be purring.

Here are a couple of excellent tips!

Get a long-handled, natural body brush from the health food store. Do this before your bath or shower, and keep the brush dry. Start at your ankles and work your way up the body using long strokes, about 3-4 per area. Avoid the chest and face. Give extra strokes to the backs of knees and back of your neck. This does two things: 1) Smooths away any bumps on the skin, and 2) Stimulates the lymph system, which is so good for the immune system.

Get your hands on a book titled, *No Sweat? Know Sweat! The Definitive Guide to Reclaim Your Health*. Anything you need to know about how deliberate sweating through saunas or sweat baths at home detoxifies your body, melts fat, and restores healthy balance is in there.

If you combine exercise, proper food choices, the dry brush technique, and sweat sessions into your routine, you will not only feel, rest, and look better, you'll be delighted to see cellulite diminish if not disappear.

FABULOUSLY JUICY REWARDS

Let me fill you in on another juicy little secret. When you achieve any goal, reward yourself! You deserve it. But only reward yourself with sensuous things such as new cloths (something absolutely sexy and revealing of course), a health and wellness retreat, or a romantic vacation with the love of your life — or your love of the weekend. Make your treat something you've longed for; but whatever you do, remember this... Fabulous Women do not treat themselves to more food or the wrong food! I know it's tempting, but don't do it.

SASSY TIP! Make your reward sexy lingerie in the smaller size you are now. Show off those lines and curves. Turn on some sensuous music and light scented candles after your next night out with your guy. Slow dance by candlelight as you slowly undress... You fill in the rest.

FABULOUS BOOTYLICIOUS FITNESS WEAR & TOOLS

Now that you have a Fabulously Hot Body, you want to make sure you're noticed when you frequent the gym or wherever you choose to workout.

Here are some Fabulous tips about what to wear for a workout. For super hot glam tips on what to wear for at-home, at-work, or at-play times, read my Fabulous Fashionista e-book.

Sassy Tip #1: Wear sexy sports bras. This essential piece keeps you sensually and sensationally perky as you jump up and down during workouts.

Sassy Tip #2: Buy plenty of tight black bootylicious pants. You're always safe with yoga pants. They are comfy and hug your buns almost as well as hot guy does. For those who are super-confident, wear short black shorts. Hot!

Sassy Tip #3: A tight-fitting top is a must for any fabulous fashionista. Find camis, tanks, and doll tees but... Absolutely no sweatshirts or oversized T-shirts! Not Fabulous.

Sassy Tip #4: Athletic shoes, if done right, do look sexy at the bottom of shapely legs and should definitely be on your list of items to wear. Be sure they have enough room for you to really move in because you will be moving all over the place as you get that bootylicious bod in shape. Athletic shoes are a good conversation starter with any hot guy.

Sassy Tip #4: A heart-rate monitor makes sure that your workout is phenomenal and that you keep your cool the right way.

SASSY QUICK TIP! Check out the BMR guide at the end of this book to make sure that you are always in the Fabulous Weight Zone.

SECRETLY FABULOUS TIP

The Bonus Secret you've been waiting for is finally here!

The most amazing addition to creating a fabulously awesome body from inside-out is to use a high-quality, all-natural organic Cleanse. Internal cleansing

helps remove impurities from the inside-out which ultimately leads to healthy and glowing skin, hair, nails, sky-rocketed energy levels, and an overall healthy balance. It's a way to revamp your Vampage.

Cleansing is *not* dieting. Dieting starves the body of vital nutrients and minerals that make your body a haven for more toxic buildup that causes weight to come right back on.

Fabulous women are known for being on top of things, so don't neglect the most important thing in your lives: Your Fabulous Body! Cleansing may also help the issues of weight loss resistance and plateaus I mentioned earlier. Try one out for a few weeks and let me know what you think. You can find really good ones at a health food store.

Here's an inner cleanse that really cleans you inside and clears out parasites. I know — Yuck! But, you may not know that parasites can cause those dark under-eye circles, not to mention other things we're just not going to mention. This recommendation comes from a book called, *Prostate Health in 90 Days without Drugs or Surgery*. I know you don't have a prostate, but you might have parasites.

The first thing you need to do is plan 4-5 hours of uninterrupted time. I know, but it's worth it. Add 2 level teaspoons of uniodized sea salt to a quart of lukewarm water. Shake well and drink. It may take an hour for it to kick in, but when it does, you'll be glad you set aside the time. This is an incredible cleanse!

STAYING ABSOLUTELY FABULOUS

Once you've got your Fabulously Hot and Rockin' body, you've got to take steps to maintain your new sultry look. Continue to journal and work out 5 days a week, faithfully! You owe it to yourself... and your (new, old, or potential) man. Always purchase whole foods and purified water. Commit to cleansing until you have reached your ideal weight then go on the maintenance plan.

After winning two California bodybuilding competitions in the '80s, Marlene Puderer, now a grandmother, still maintains her exceptional body and freely displays her sexy 6-pack while she gardens — wearing her hot pants! Watch out Desperate Housewives. Now, that's maintenance girls!

FABULOUSLY HOT WOMEN—EVERYWHERE

Lastly, I ask you to share your story. As you create your ideal body, talk about it with your girls. See where they're coming from. If they need help, send them to me. I'll give them all the tools they need to get a Fabulously Rockin' Hot Body in no time. We girls gotta stick together, ya know. So spread your Fabulousness around the globe and help other women achieve their very best bodies and become Absolutely Fabulous, too.

FABULOUSLY BODACIOUS BONUS TIP

Now for the icing on the cake and the very last tip that ensures you're working your new bodacious body to its fullest. I ask you, Why have a Rockin' Hot Body if you don't know what to do with it?

I suggest you take a dance class. Choose any dance form that interests you: Belly dancing, hip hop, jazz, ballet, ballroom, or salsa; and if you live in the Los Angeles area, strip dancing classes are available in many areas. The idea is to learn how to move it, work it, and shake it — on purpose and with style.

Learning how to move your curves comes in handy for every woman at some point in time. You may not have to pull out these weapons any time soon, but a Fabulous Woman always has a few surprises on hand when opportunity arises or when she's in the mood to create one.

Whatever dance you choose to do, make it absolutely Fabulous by having a pocket routine on hand for that special occasion. Edith Aboul-hosn notes, "I simply love Exotic and Pole Fitness for the innate and inseparable connection of Mind and Body. You get all the physiological health effects, whether it is in the form of 1 pound or 10, with the amazing gain in health, sexiness, femininity, and ability to give and empower others! It is the discovery of this revolutionary form of women's health movement that has inspired me, my company, my instructors, and my students to pursue it as a healthy lifestyle."

Remember that uncle of mine I told you about at the beginning? When I see him now, I put him through what I call, “YFW boot camp.” My boot camp begins at 5a.m. with push-ups, crunches, and a run followed by weights and stretches. When our session is complete, he’s the one that looks like the turtle struggling to get up off the floor as...I laugh...having barely broken a sweat. But, it’s all in good fun and good for him. Your dreams can be achieved when you set your mind to true Fabulousness.

Review these quick notes as often as possible and as needed. If you want to become the incredibly captivating fabulous goddess I know you are, stay committed to yourself. Fall deeply in love with yourself by overcoming your challenges just as I have.

And, lastly... Stay Fabulous!

HEIGHT		SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4'10		102 - 111	109 - 121	118 – 131
4'11		103 - 113	111 - 123	120 – 134
5'0		104 - 115	113 - 126	122 – 137
5'1		106 - 118	115 - 129	125 – 140
5'2		108 - 121	118 - 132	128 – 143
5'3		111 - 124	121 - 135	131 – 147
5'4		114 - 127	124 - 138	134 – 151
5'5		117 - 130	127 - 141	137 – 155
5'6		120 - 133	130 - 144	140 – 159
5'7		123 - 136	133 - 147	143 – 163
5'8		126 - 139	136 - 150	146 – 167
5'9		129 - 142	139 - 153	149 – 170
5'10		132 - 145	142 - 156	152 – 173
5'11		135 - 148	145 - 159	155 – 176
6'0		138 - 151	148 - 162	158 – 179

A NOTE FROM ME

Please send your Before-and-After Fabulous pictures to me. I want to show off my Fabulous sisters!

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