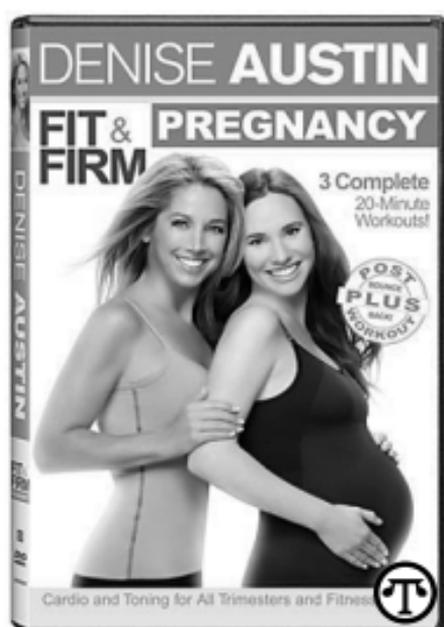


WOMEN'S HEALTH

Fit And Firm

(NAPSA)—Whether you are pregnant or just want to wear the latest fashions, Denise Austin has the workout for you.

Boasting nearly 20 million exercise videos sold, America's #1 fitness expert has two new titles coming to DVD from Lionsgate—"Fit & Firm Pregnancy" and "Hit The Spot Core Complete."



"Every workout is designed to achieve different results, and it's important to develop tailored programs that tackle your objectives," said Austin.

In "Fit & Firm Pregnancy" (\$14.98), Austin, a mother of two, delivers complete, energy-boosting workouts for the three trimesters that focus on strength, perfect posture and flattening the tummy. A bonus



post-pregnancy workout is also included.

"Pregnancy is not an excuse to stop working out," Austin added. "Pregnant women need to maintain their energy and posture during this developmental period."

If the annoying trouble spots aren't caused by pregnancy, check out "Hit The Spot Core Complete" (\$14.98), which features four workouts that target and tone your entire body using the stability ball to strengthen the core and build lean, fat-burning muscle.

With flatter abs, leaner legs and firmer buns, your hip-hugger jeans and fitted tops will have people doing a double take.