



Fitness Facts

The A-List Workout

(NAPSA)—Good news for anyone interested in knowing how the top celebrity trainers can give them a hot Hollywood body. Well, get ready for the red carpet.

In her new book “The A-List Workout” (McGraw-Hill), Fitness magazine’s Alyssa Shaffer gives “regular folks” who simply want to shed a few extra pounds, develop endurance or feel better about themselves the same exercise plans and tips that superstars pay top dollar to get.



The A-LIST WORKOUT



Top Celebrity Trainers Reveal How You Can Get a Hot Hollywood Body

ALYSSA SHAFFER, FITNESS DIRECTOR, FITNESS MAGAZINE



LEAN, SEXY LEGS—The celebrity trainer of Claire Danes, Molly Sims and Anne Hathaway can give you a leg up.

Each trainer outlines easy-to-follow plans that target a specific body part, and then each plan is synthesized into an exclusive 12-week workout plan for beginners who want all-over toning, trouble-zone busting or weight loss.

Want the sexy shoulders of Uma Thurman or Daryl Hannah? The firm, flat abs of Paris Hilton or Jennifer Lopez’s head-turning backside? Readers will find the secret and may also find themselves with a beautiful physique in this fascinating workout book.

“The A-List Workout” is now available at bookstores.