

H. ADVANCE TITLE INFORMATION

PROJECT: DREAM PANTS

THE 3-2-1 FITNESS & NUTRITION PLAN

by **Andreas Scholz & Nina Smith**

CONTENT:

Activate your metabolism, use the power of your muscles and tighten your body from within! Andreas Scholz, author of our bestselling title "Body Toning", graduated nutritionist and fitness coach presents his new, long awaited title how to achieve your dream figure to actually fit into the trousers you never had dared to hope for. His concept of simultaneously enhancing one's health and fitness by establishing an individual combination of fitness and nutrition is based on the idea that everybody has their own metabolic cycle and this should form the basis for anyone's nutrition.

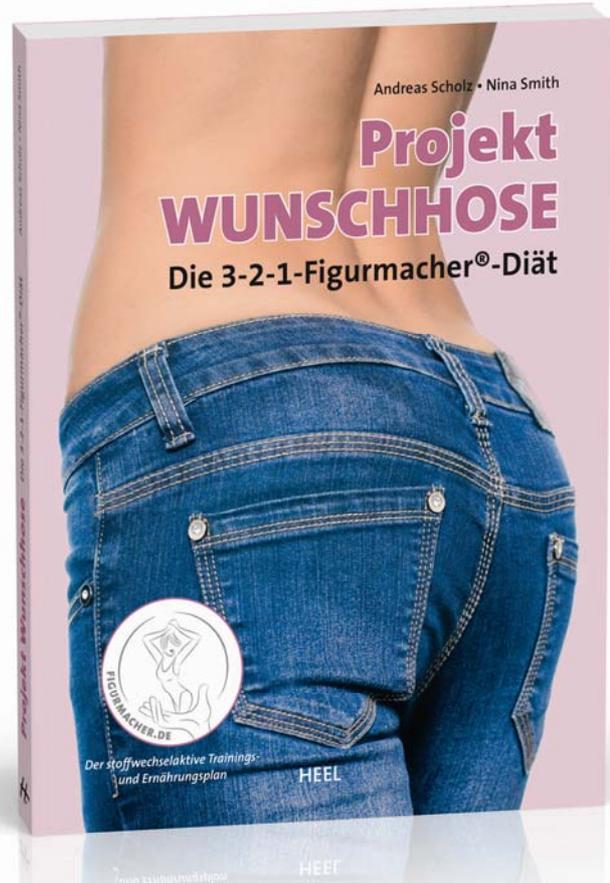
This new book deals with the 3-2-1 pattern, a special system for successfully losing weight. Your weekly training and nutrition programme is divided into specially classified days such as three "vital days", two "slim days" and one "turbo-metabolic" day. The "vital days" are characterized by eating only three dishes at intervals of four to six hours throughout the day, with varying metabolic emphasis. The "slim days" are characterized by having five meals throughout the day, being significantly rich in protein and only few carbohydrates, at intervals of two to three hours. The "turbo-metabolic day" contains five meals again, but at two hours intervals, with a special emphasis on carbohydrates and the last meal should not be consumed any later than 6 pm.

To support this programme, the author offers a diversified nutrition schedule with a wide scope for personal preferences which doesn't leave you craving for anything. In combination with a comprehensive training schedule this diet will definitely lead the way to the pants of your dreams.

Rights all available

SPECIFICATIONS:

- 128 pages
- more than 200 colour photographs
- softcover
- trim size 165 x 210 mm
- retail price: € 14.99
- ISBN 978-3-86852-540-3
- Publication March 2013



HEEL Verlag GmbH ♦ Foreign Rights ♦ Gut Pottscheidt ♦ 53639 Koenigswinter ♦ Germany
k.michelberger@heel-verlag.de ♦ s.becker-barth@heel-verlag.de ♦ www.heel-verlag.de