



Six Weeks to Skinny Jeans: Blast Fat, Firm Your Butt, and Lose Two Jean Sizes

By Amy Cotta

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We all have a pair: those frumpy, roomy, "fat jeans" we reach for when a few (or more than a few) extra pounds have banished our favorite "skinny jeans" to the back of the closet. Well, get ready to toss those fat jeans, because personal trainer and fitness expert Amy Cotta is here to help you tone up, slim down, and stay motivated until you can shimmy back into those sexy skinny jeans for good.

Cotta believes that the key to skinny jeans success is threefold: diet, exercise, and attitude. Her 6-week eating plan trims fast-burning carbohydrates for the first 3 weeks, ignites weight loss, then reintroduces and manages those carbs for the second half of the plan. Her graduated fitness plan offers three styles of cardio and strength-training exercises that get progressively more challenging to keep you from getting bored or hitting a plateau while you sculpt those curves. Both plans are simple to follow in your own home--no gym, fancy equipment, or expensive food deliveries required--and there are calendars, food logs, and meal plans to help you stay upbeat and organized. Plus, photos and stories of real-life results from Cotta's clients who are back in their skinny jeans and loving it show how easy it is to regain the trim, lithe contours that make you look great and feel a youthful confidence you thought was gone forever.

Packed with dynamic, down-to-earth strategies, *Six Weeks to Skinny Jeans* will inspire you to take control of your lifestyle and feel younger, sexier, and fitter than ever before.

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Editorial Review

About the Author

Amy Cotta is an NSCA-certified celebrity trainer, a fitness writer, and the inventor of home exercise equipment. She is a passionate philanthropist who founded Team TRI Pink, a group of women who compete in athletic events to raise money and awareness for cancer research. She was voted one of Nashville's 25 Most Beautiful People in 2008. She lives in Franklin, Tennessee, with her husband and six children.

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