The Hollywood Trainer Weight-Loss Plan: 21 Days to Make Healthy Living a Lifetime Habit

By Jeanette Jenkins

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It takes twenty-one days to establish a habit or to break a self-defeating behavior. And the 21-day program in *The Hollywood Trainer Weight-Loss Plan* provides the means and motivation to help anyone on their journey toward a lifetime of healthy habits. Informed by Jenkins's "7 Simple Steps for Success," the book features:

- useful questionnaires and self-tests that guide readers to determine and commit to their health goals; - a 21-day plan that includes menus and a flexible exercise program, plus daily encouragement, insights, and motivation; - no-nonsense nutritional information, as well as recipes and food hints and tips that assist readers in making the best nutritional choices; - clearly illustrated exercises that show readers which routines are best for their individual needs; and - sample forms to help readers create their own daily journal and food and exercise logs.

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Editorial Review

About the Author
Jeanette Jenkins, founder and president of The Hollywood Trainer(tm), is the new host of Lifetime Television's new 2007 fitness show *My Workout: Powered by Podfitness* and the fitness coach for the ivillage.com: *iLose it for Good Community Challenge*. Jenkins is a Nike Elite Athlete, a PodFitness.com Premiere Trainer and the official spokesperson for BET Foundation's "A Healthy BET". Her expertise as a fitness and nutritional consultant has been featured on Oprah.com, *The Tonight Show with Jay Leno*, *Extra*, *Access Hollywood*, MSNBC.com, EDiets.com, ivillage.com, *The Tyra Banks Show*, *the Food Network*, *VH1*, and on the BET network. Her work has been profiled in *O The Oprah Magazine*, *InStyle*, *Fitness*, *Shape*, *Self*, *Redbook*, *Glamour*, *CosmoStyle*, and *Essence* just to name a few. She writes regular columns for the *Los Angeles Daily News*, *Urban Influence Magazine*, *Precious Times* and MSNBC.com among others. She has worked with many celebrities including Queen Latifah, actress Taryn Manning, swimsuit model Amy Weber, and several NFL and NBA athletes. Jenkins studied human kinetics at the University of Ottawa, Canada, and holds more than seventeen international certifications covering nutrition and various fitness training methods.

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