



The Fit Bride's Guide to Sweating for the Wedding

Samantha Newman

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Whether your idea of beauty leans toward bodacious, brilliant, or bold, having a body you'll want to walk down the aisle is within your reach. All you need is contained within the pages of *The Fit Bride's Guide to Sweating for the Wedding*.

Join Samantha Newman, an ACSM-certified personal trainer with a degree in kinesiology and nutrition, as she guides you down the path toward health, wellness, and fitness with a selection of meal plans, exercise programs, and sage advice to keep you sane and focused as you head toward one of the craziest days you'll ever experience. The regimens of diet and exercise inside are designed to break up monotony—it may be tough, but you won't be bored! And along the way, you'll hear Samantha's friendly advice, which comes from her experiences as a bride to be, just like you.

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