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Thanks for reading Slimmer Stronger. I hope you found it insightful, inspiring and practical, and I hope this will help you build this slim, sculpted, strong body that you really want. I want to make sure you get as much value as possible from this book, so I've put together a number of additional free resources to help you, including: A savable, shareable and printable reference guide with all the book's top takeaways, exercises, checklists and action items. Links to form demo videos for all leaner strong's finest exercises. A whole year of leaner strong liner exercises better arranged and provided in various formats including PDF, Excel and Google Sheets. 10 Slimmer leaner meal plans that make losing fat and gaining lean muscles as simple as possible. A list of my favorite tools to stay and stay motivated and on track in and out of the gym. And more. Hi friends! I hope you're having a wonderful morning so far. We're just taking it easy here and enjoying the beautiful weather. Livi starts swimming lessons this week, and I'm excited to take them to a new park later today. Yesterday afternoon I interviewed at a yoga studio in the city (!) and Am slowly getting into the fitness game. It's always fun to see what classes I'm going to end up teaching when we move, and it also looks like I'm going to be training personally here in town again. For this morning's post, I thought I'd review a book that caught my eye a few months ago. The reviews online were amazing, and I always love checking out new health and fitness books, so I asked for it. I thought it would be something to go through and take a look at, but I ended up making my way through everything. Here's my review of Thinner, Thinner, Leaner, Stronger. A bit about the author and book: Michael Matthews is a blogger (Muscle For Life), personal trainer, and author of 5 books, which have sold over 100,000 copies. I love his personal transformation story, and how he took his mediocre training to the next level. He went from training for hours a day with dull results, to decreasing his training time, paying more attention to nutrition, and totally changed his body. From amazon's sales page: This book reveals: The 5 biggest fat loss myths and mistakes that keep women overweight, frustrated and confused. How to build meal plans that allow you to build muscles, lose fat and stay healthy without ever feeling hungry, private or as if you were on a diet. The lies that women are told about how to tone and shape their bodies, and what you really need to do to have sexy and lean curves. A no-BS guide to supplements that will save hundreds, if not THOUSANDS of dollars each year, on products that are nothing than bunk science and marketing hype. How to master the built-in fitness game and develop the and willpower is needed to build the body of your dreams (and really enjoy the process!). How to stay thin while still ingoing the cheat foods you love every week like pasta, pizza and ice cream. Sounds pretty good, right? My initial thoughts: -When I caught slimmer, slimmer, stronger, intrigued me that the book on how to build the perfect female body was written by... a guy. It would be like reading a book about pregnancy and the birth of a male author. You can research and learn as much as you want, but until you're in bed by birth, I just can't take you 100% seriously. I was also looking for your past and credentials, since it wasn't obvious on the cover. Was he a doctor? Or maybe some world-renowned exercise physiologist? After looking through his biography, I discovered that Michael Matthews is a personal trainer with a ton of experience training women. I decided to roll with it because I know that sometimes experience, research and passion can be more valuable than credentials. (Also, I googled it and saw how torn it was.) I decided to dive in, and found that I loved your writing style and the information within the pages. Everything he suggests is based on science and presented in an easy-to-implement and understanding way. - In the following weeks, I found myself picking up, curious to read more about his thoughts on designing the ideal fitness and nutrition plan. He has a very specific method for his training style and diet guidelines, and he explains it thoroughly throughout the book. (Photo: Lindy Waddell) Why I like it: -Encourages women to lift weights. Every time someone says lifting weights makes females bulky, a fairy falls dead. If you want a lean and strong physique, you have to pump some iron. His training plan is focused on compound exercises to work throughout the body, and low and heavy repetitions to promote hypertrophy (muscle growth) and maximum strength. - It's not absurd, and the hard love that many of us need to hear. I especially liked the chapter on willpower: why some people seem to have more or less willpower, how to manifest it and what it means to train and supply themselves according to their goals. In short, it says that you can not be desired and expect amazing results. You have to put in work and dedication if you want to take things to the next level. (Photo: Arielle Levy) -Not focused on eliminating entire food groups, or training excessively. It's a plan that anyone can realistically follow with some dedication, preparation, and about an hour or less to spend at the gym 5x a week. It makes my heart happy to see other coaches doing so well, and promoting something that can be kept as lifestyle. It's not easy, but it's facting. The plan is really about lifting heavy, supplying properly (especially with regard to pre-and pre-e nutrition), and counting macros. - I also love that the author really wants to help people get off the diet and train too much to beat and burn wagon. What I don't like about it: - It's not a gentle reading - some parts feel disjointed and a little agitated - and it's a lot of information. I feel like he dances around the real plan a bit, mostly talking about why it's an amazing plan and this is the only way to do it. I feel like a lot of health and nutrition books do this (talk about why your plan is so amazing instead of just showing us), but it's nothing you can't slip around. I liked his writing style, so it didn't really get in my way. You have to do a little hunting to get to the real plan. - You make it sound like the only way to do that. Counting macros is not the only way to get a strong, warm and healthy body. There are millions of people who look and feel amazing, who don't count macros, or who don't lift super heavy weights. I occasionally go back to the macro-counting train, but I know it's not for everyone. In addition, resistance training (high repetitions, lower to moderate weights) is an effective way to build strength. While the plan in this book is a way to do it, it's certainly not the only way. The best training and nutrition strategy is one that makes you feel amazing, and that you can really keep for the long term. In a background, I think it's a great book and a solid plan. If you are looking for specific guidance with nutrition and fitness, this can be a promising starting point. Of course, I need to play out there that you should always talk to a doctor before making changes to fitness and nutrition, and honoring your body. So tell me friends, have you read any great health or wellness books lately? Here's a post with some of my faves. Have a wonderful day and i'll see you soon. Gina xo

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