



Firm for Life

Cynthia Benson, Anna Bruni Benson

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If you want to know how to lose fat permanently, if you're concerned about the best exercise, diet, and nutrition plan for maximum results, or if you're looking for the motivation to make positive changes in your life, *FIRM for Life* is for you.

Twenty years ago, at the beginning of the aerobics craze, Anna and Cynthia Benson introduced their revolutionary fitness program, one that combined weight training with aerobics. In retrospect, it's clear that for maximum fat loss, The FIRM program was ahead of even the most prestigious scientific fitness organizations in the country. Their clients found that by working out with weights, they burned fat three times faster than by doing aerobics alone and saw visible proof of their progress in just ten workouts. Now, in the first book from the creators of the nation's bestselling exercise videos, the Benson sisters present their whole-life philosophy to health and fitness, as they share their secrets for nutrition, motivation, grooming, and overall physical and mental well-being.

Based on the belief that a strong body makes for a strong mind, *FIRM for Life* shows you how to achieve superior physical and mental fitness. The Bensons explain the science behind their fitness program and show why it is so effective not only for reshaping your body and making you stronger but also for reversing the aging process and increasing bone mass. Your body uses food as fuel, and by providing a complete eating program with sample menus and recommended foods, the Bensons explain how to eat for optimal performance and fat burning and thus maintain high energy throughout the day. *FIRM for Life* also guides you through the Bensons' basic exercise program, including the Daily Dozen exercises, stretches, and sweat minutes, all of which can be done at home with very little equipment. And to show how fitness and food affect your mood, performance, and energy levels, the Daily Planner, a four-part diary, will help you keep track of your meals and workout schedule. Dozens of heartfelt testimonials from FIRM Believers--people across the country whose lives have improved from The FIRM program--are included throughout the book, and in short, revealing profiles, FIRM instructors share valuable fitness tips and secrets for eating right and staying motivated.

You can get what you want from life. No matter what age you are, the Bensons give you the tools you need to achieve your dreams. A complete lifestyle program that will educate, inspire, and guide you to being the best you can be, *FIRM for Life* will turn you into a FIRM Believer.

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Henry Heath:

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