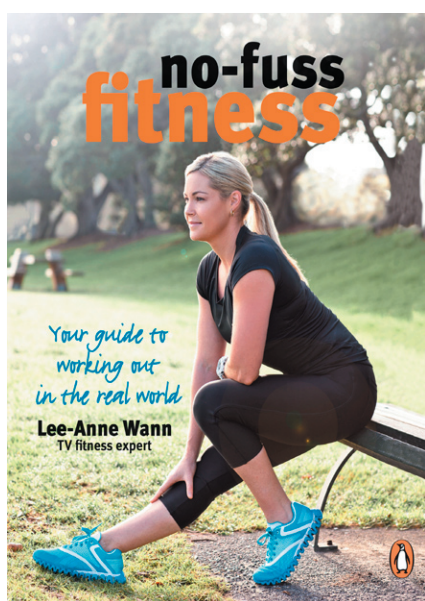


# no-fuss fitness

## Lee-Anne Wann



This book is for real people who want a guide to working out in the real world. Let's face it, we are busy, time is precious and we want to look and feel our best all of the time! True, but very challenging to achieve. *No-Fuss Fitness* gives you tips, advice and real information to help you achieve your best no matter where you may find yourself.

no cost | no gym | no fuss

Lee-Anne Wann is a health and fitness professional who is well known in New Zealand, particularly for her popular TV3 show *Downsize Me!* Lee-Anne has a fairly unconventional approach to fitness: she doesn't think gyms work or that the traditional methods of exercise and diet are working with our modern lifestyles. People are more stressed than ever and while they are seemingly doing all the right things with food and exercise, time and time again Lee-Anne sees new clients wanting to know why they are not losing any weight. The real issues often lie in the person's environment and lifestyle choices. **No-Fuss Fitness** looks at these common issues: lack of time, lack of money, lack of sleep, high stress levels and lack of motivation, and gives quick easy solutions to combat them.

Lee-Anne's approach is realistic and achievable. For all those who have tried and failed in the past to achieve their weight-loss goals, Lee-Anne demonstrates how important it is to understand your own body before you can reach your goals. **No-Fuss Fitness** features how to begin an exercise programme, the best food to be eating and easy-to-understand diagrams to help you analyse your anatomy. It then moves on to easy-to-follow photographed workouts to suit your particular lifestyle. Every type of no-fuss workout is here - from exercises at the park or beach, to ones at your desk at

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**“This is not a book for athletes, this is not a book for fit, slim people, this book is written for people who simply want to make a start on being the best they can be and want to be. This is a book for those people who have tried before and failed and tried again and failed (failing is only failing when we quit trying), this is for real people who simply want to know where to start and how to start a health and fitness program that is going to give them real results, workout options that fit into real life and an opportunity to be healthy, have fun and live life the way they choose to live it.**

**I hope you enjoy it as much as I loved writing it for you.” – Lee-Anne Wann**



work or while driving the car. **No-Fuss Fitness** is all about working in with your daily life, not interrupting it.

Lee-Anne will also give you quick tips to see instant changes that will help you stay on track for life, such as how to make yourself taller in just two minutes, hit stubborn belly fat, curb hunger and get great looking arms. Additionally, there are comprehensive workouts with a partner, while pregnant and for targeting a specific area of your body.

In **No-Fuss Fitness** Lee-Anne, for the first time, lets you into her personal journey. During the filming of *Downsize Me!* she fell into depression, put on a significant amount of weight and was widely criticised by the public and media. Lee-Anne is really candid about this and the transition she took to getting healthy again.

Whether you're an absolute beginner, haven't exercised in a while or feel you are doing everything right and can't loss the weight, **No-Fuss Fitness** has everything covered!

**Lee-Anne Wann** is a fitness specialist, presenter and author best known as the fitness trainer on the hit TV show *Downsize Me!* ([www.downsize.tv](http://www.downsize.tv)) on air in 15 countries. Her passion and focus is on inspiring and educating businesses and individuals towards better health, vitality and well-being. Lee-Anne has extensive accreditations and certifications in the health and fitness field – she is a registered Personal Trainer with The New Zealand Register of Exercise Professionals, a certified Nutritionist and a Posture Analysis Specialist. She also has over 20 additional certifications including Special Population Training, Functional Integrated Training, Core Strength Development, Youth Training and Flexibility Training & Assessment. Lee-Anne is the current director of Lee-Anne Wann – Real Life Fitness, does many speaking events and has a weekly column in *Woman's Day*.

## Lee-Anne Wann is available for interview

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