

# DOWNSIZE YOU

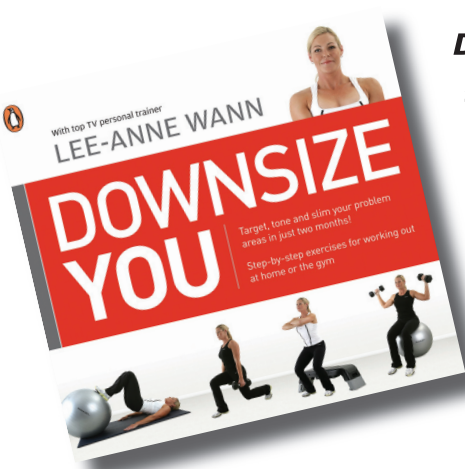
## LEE-ANNE WANN

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**Do you want to feel confident and look good in a bathing suit this year?**

**Do you want to have a firm, flat stomach?**

**Do you have 'problem areas' you've always wanted to shape?**



**Downsize You** is the comprehensive health, fitness and body shape programme designed for both men and women to target problem areas in just two months, written by top TV trainer Lee-Anne Wann.

**Downsize You is a book all about empowerment. It's about giving people the building blocks they need to work-out, get healthy and achieve personal goals.**

*'Perhaps the most fundamental and potentially controversial realisation that I must emphasise is that with the help of this book you are absolutely able to spot-target and improve very specific areas of your body. Your overall fitness, weight and shape goals are absolutely achievable but only by tailoring your training and your lifestyle according to your own needs.'*

*Lee-Anne Wann, Author*

**Lee-Anne Wann** is a professional with a passion for honest and uncomplicated approaches to life's challenges. She is an evangelist for empowerment, simplicity, getting the basics right and real-world effectiveness and efficiency. With a diverse background in business, media and health, she is best known for her personal training and motivational work. Lee-Anne is a sports nutritionist and highly credited fitness trainer. She is a successful health columnist and television host and is a regular speaker and MC with the New Zealand corporate sector.



**Lee-Anne Wann is available for interview | extracts available with permission**

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