

how much is get in shape for women

Understanding the Cost: How Much is Get in Shape for Women?

how much is get in shape for women is a question that resonates with many individuals seeking to improve their physical health and well-being. The answer, however, is not a simple one-size-fits-all figure. The cost associated with achieving fitness goals for women is a multifaceted consideration, influenced by a wide array of factors including personal preferences, the type of fitness activities chosen, and the desired intensity of the transformation. This article will delve into the various components that contribute to the overall expense of getting in shape, providing a comprehensive overview to help you budget effectively for your fitness journey. We will explore gym memberships, personal training, home workout equipment, nutritional guidance, and other essential elements that impact the financial investment required to achieve optimal health and a physique you're proud of. Understanding these costs upfront can empower you to make informed decisions and set realistic expectations for your path to a fitter you.

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Gym Memberships and Access Fees

The foundation of many women's fitness journeys often begins with a gym membership. The cost of these memberships can vary dramatically depending on the type of facility, its location, and the amenities it offers. Basic community gyms or smaller fitness studios might offer monthly rates ranging from \$30 to \$60, providing access to cardio machines, weightlifting equipment, and perhaps a limited selection of group fitness classes. These options are generally budget-friendly and suitable for individuals who primarily focus on independent workouts.

More upscale fitness centers and larger chains, such as those found in major metropolitan areas, can command higher prices. These facilities often boast a wider range of classes, including specialized yoga, Pilates, spin, and HIIT sessions, along with premium amenities like swimming pools, saunas, and juice bars. Monthly fees for these premium memberships can range from \$70 to \$150 or even more. Some gyms also require an initiation fee or an annual fee, which can add an upfront cost of \$50 to \$200. Understanding these different tiers and what they include is crucial when evaluating how much is get in shape for women through gym access.

Factors Influencing Gym Membership Costs

Several elements directly influence the price tag of a gym membership. Location is a primary driver; gyms in high-cost-of-living areas or prime urban locations will naturally charge more than those in suburban or rural areas. The breadth and quality of equipment also play a significant role. Facilities with state-of-the-art machines, a diverse selection of free weights, and specialized training areas will typically have higher membership fees. Furthermore, the inclusion of group fitness classes, the variety of those classes, and the caliber of instructors can also elevate the cost. Consider if you'll be utilizing the pool, spa facilities, or other premium services, as these are often factored into higher membership tiers.

Types of Gym Memberships

- **Basic Access:** Provides entry to the gym floor and cardio areas.
- **All-Inclusive:** Includes access to all facilities, including pools, saunas, and group fitness classes.
- **Class-Specific Memberships:** Often found at boutique studios, these offer unlimited access to a particular type of class (e.g., yoga, cycling).
- **Family or Couple Plans:** Can offer a discounted rate per person when multiple members join.
- **Corporate Discounts:** Many companies partner with gyms to offer reduced membership rates to their employees.

Personal Training and Coaching Services

For women seeking a more personalized and guided approach to fitness, personal training and coaching services are invaluable, albeit often more expensive, options. A personal trainer can create customized workout plans tailored to specific goals, such as weight loss, muscle toning, or improving athletic performance. They also provide accountability, proper form correction, and motivation, which can significantly accelerate progress and help prevent injuries. The cost of personal training sessions typically ranges from \$50 to \$150 per hour, depending on the trainer's experience, qualifications, and location.

Many trainers offer package deals for multiple sessions, which can reduce the per-session cost. For instance, purchasing a block of 10 or 20 sessions might offer a discount compared to booking individual appointments. Beyond one-on-one training, some women opt for small group training sessions or specialized coaching programs. These can be more affordable than private training, with costs potentially ranging from \$25 to \$75 per session, while still offering a degree of personalized attention and a supportive group environment. When asking "how much is get in shape for women"

with expert guidance, personal training is a significant cost factor.

Benefits of Personal Training

- Customized workout plans designed for individual needs and goals.
- Expert guidance on proper exercise form to maximize effectiveness and minimize injury risk.
- Increased accountability and motivation to adhere to fitness routines.
- Nutritional advice and lifestyle coaching to complement physical training.
- Efficient use of workout time, leading to faster results.

Finding the Right Personal Trainer

Selecting the right personal trainer is paramount. Look for certified trainers from reputable organizations such as the National Academy of Sports Medicine (NASM), the American Council on Exercise (ACE), or the National Strength and Conditioning Association (NSCA). Consider their specialization – some trainers focus on weight loss, others on strength training, or pre/postnatal fitness. Reading reviews, seeking recommendations, and conducting an initial consultation can help you assess their communication style, approach, and compatibility with your fitness personality.

Home Workout Equipment and Accessories

For women who prefer the convenience and privacy of exercising at home, investing in fitness equipment can be a cost-effective long-term solution. The initial outlay for home gym equipment can range from minimal to substantial, depending on the type and quality of the items purchased. Basic essentials like resistance bands, dumbbells, a yoga mat, and a jump rope can be acquired for under \$200, making them an accessible entry point for home fitness.

For those looking to create a more comprehensive home gym setup, more significant investments are required. This could include items like adjustable dumbbells, kettlebells, a weight bench, a pull-up bar, or even a stationary bike or treadmill. High-quality home gym equipment can cost anywhere from \$500 to several thousand dollars. The advantage of home workouts is the ability to exercise on your own schedule without commuting, and the elimination of ongoing gym membership fees, which can offset the initial equipment cost over time. This is a key consideration when evaluating how much is get in shape for women at home.

Essential Home Workout Gear

- **Resistance Bands:** Versatile and portable, great for strength training and flexibility.
- **Dumbbells and Kettlebells:** Offer a range of weights for strength building. Adjustable dumbbells save space.
- **Yoga Mat:** Provides cushioning and grip for floor exercises, yoga, and stretching.
- **Jump Rope:** An excellent tool for cardiovascular conditioning.
- **Stability Ball:** Enhances core strength and balance exercises.

Investing in Larger Home Fitness Equipment

When considering larger pieces of equipment, such as treadmills, ellipticals, or rowing machines, the cost can significantly increase. A good quality treadmill can range from \$800 to \$3,000 or more, while a stationary bike might cost between \$300 and \$1,500. These purchases should be based on your fitness preferences and available space. Look for durable construction, user-friendly features, and consider the warranty offered by the manufacturer. The long-term savings from avoiding gym fees can make these investments worthwhile for many women.

Nutritional Planning and Supplements

Achieving fitness goals is inextricably linked to nutrition. The cost associated with optimizing your diet for fitness can vary widely. For many, understanding basic macronutrient principles and making healthier food choices is enough, with minimal additional cost. However, for those seeking expert guidance, consulting with a registered dietitian or a nutritionist can be beneficial. These consultations can range from \$100 to \$300 per session, or they may offer packages for ongoing support and meal planning.

Dietary supplements are another component that can add to the cost. While not essential for everyone, certain supplements like protein powder, creatine, vitamins, or omega-3 fatty acids can support muscle recovery, energy levels, and overall health. The cost of supplements can range from \$20 to \$100 or more per month, depending on the types and brands chosen. It's important to research and select reputable brands and consult with a healthcare professional before starting any new supplement regimen, as they can impact how much is get in shape for women.

Components of Nutritional Support

- **Healthy Food Choices:** Prioritizing whole foods, lean proteins, fruits, vegetables, and healthy fats.
- **Meal Planning:** Creating structured meal plans to ensure adequate nutrient intake and calorie management.
- **Hydration:** Ensuring sufficient water intake throughout the day.
- **Nutritional Counseling:** Working with a professional to develop a personalized eating plan.
- **Dietary Supplements:** Specific supplements to address potential nutrient gaps or support performance (use with caution and professional advice).

Understanding Supplement Costs

The market for dietary supplements is vast and can be confusing. Protein powders, often used for post-workout recovery, can cost between \$30 and \$70 for a large tub, which can last a month or more depending on usage. Multivitamins typically range from \$10 to \$30 per bottle. Specialty supplements like BCAAs or pre-workout formulas may have similar price points. It's crucial to distinguish between supplements that offer genuine benefits and those that are unnecessary. Focusing on a nutrient-dense diet should always be the priority.

Apparel and Footwear for Fitness

While not directly contributing to physical transformation, appropriate fitness apparel and footwear play a role in comfort, performance, and injury prevention. The cost of workout clothes and shoes can range from very affordable to premium. Basic athletic wear, such as leggings, sports bras, and t-shirts, can be purchased from budget-friendly retailers for \$50 to \$150 for a few outfits. These items should be moisture-wicking and provide adequate support, especially for sports bras.

High-performance athletic brands often come with a higher price tag, with individual pieces of clothing potentially costing \$50 to \$100 or more. Similarly, running shoes or cross-training shoes are a significant investment, typically ranging from \$80 to \$150 per pair, with some specialized models exceeding \$200. Investing in good quality footwear is crucial for comfort, support, and to prevent common running injuries. Considering how often you'll be training will help determine the necessary quantity and quality of apparel and footwear needed to answer "how much is get in shape for women" comfortably and effectively.

Selecting Appropriate Workout Gear

- **Sports Bras:** Crucial for support during physical activity; choose based on impact level.

- **Leggings and Shorts:** Opt for breathable, flexible fabrics that allow for a full range of motion.
- **Tops:** Moisture-wicking fabrics are best for managing sweat.
- **Workout Shoes:** Essential for cushioning, support, and traction; specific shoes are designed for different activities (running, weightlifting, cross-training).
- **Accessories:** Water bottles, towels, and gym bags are practical additions.

Budgeting for Fitness Apparel

It's possible to build a functional and stylish workout wardrobe without breaking the bank. Shopping during sales, investing in versatile pieces that can be mixed and matched, and prioritizing quality over quantity are smart strategies. For footwear, consider your primary activities and seek out shoes that offer the best support and cushioning for those needs. A well-chosen pair of athletic shoes can last for several hundred miles of running or many months of gym use.

Specialized Fitness Programs and Classes

Beyond traditional gym settings, specialized fitness programs and classes offer unique approaches to getting in shape. These can include boutique studios focusing on specific disciplines like yoga, Pilates, CrossFit, boxing, or dance fitness. The cost for these programs typically involves either class packs or monthly unlimited memberships. A single drop-in class at a specialized studio can range from \$20 to \$35. A pack of 10 classes might cost between \$150 and \$300, offering a per-class discount.

Unlimited monthly memberships for these specialized studios can range from \$100 to \$250 or more, depending on the studio's prestige, location, and the number of classes offered. For women seeking a highly structured and immersive experience, intensive weekend retreats or week-long fitness bootcamps can cost anywhere from \$500 to \$3,000 or more, often including accommodation and meals. These specialized options cater to specific interests and can provide a highly motivating and results-driven environment when considering how much is get in shape for women with a particular passion.

Benefits of Specialized Classes

- Targeted training for specific fitness goals (e.g., flexibility, strength, endurance).
- Expert instruction from passionate and experienced coaches.
- A sense of community and camaraderie among participants.

- Variety and novelty to keep workouts engaging and prevent plateaus.
- Potential for rapid progress due to focused and intense training methodologies.

Examples of Specialized Fitness Modalities

CrossFit gyms, known for their high-intensity functional fitness programming, often have monthly memberships in the range of \$150 to \$200. Yoga and Pilates studios, while often more serene, can have similar pricing structures for unlimited classes. Dance fitness studios, offering everything from Zumba to hip-hop, also fall within this general price range. The decision to invest in these specialized programs often comes down to personal enjoyment and the specific outcomes desired.

Ongoing Maintenance and Lifestyle Costs

Getting in shape is not a finite event but an ongoing lifestyle commitment. Beyond the initial investments in memberships, equipment, or training, there are recurring costs associated with maintaining a healthy fitness routine. These can include regular check-ups with healthcare professionals, massage therapy for muscle recovery, and potentially participation in events like races or fitness challenges.

The cost of these ongoing elements can be variable. For instance, a deep tissue massage might cost \$80 to \$150 per session, and regular massages can add up. Race entry fees for marathons or 10Ks can range from \$50 to \$150. Furthermore, staying in shape often involves continuous learning, perhaps through books, online courses, or attending workshops, which can also incur costs. Therefore, when considering "how much is get in shape for women," it's vital to factor in these long-term lifestyle expenses for sustained well-being and fitness.

Factors for Long-Term Fitness Success

- Consistent exercise routine.
- Balanced and nutritious diet.
- Adequate rest and recovery.
- Stress management techniques.
- Regular medical and wellness check-ups.
- Adaptability to changing fitness needs and goals.

Budgeting for Longevity in Fitness

Creating a sustainable budget for fitness means allocating funds not just for immediate goals but also for long-term health maintenance. This might involve setting aside a small monthly amount for occasional massages or physiotherapy, or budgeting for new athletic shoes every 6-12 months. Viewing fitness as an investment in your overall health and quality of life can help justify these ongoing costs and ensure a lasting commitment to a healthier lifestyle.

FAQ

Q: What is the average monthly cost for a standard gym membership for women?

A: The average monthly cost for a standard gym membership for women typically ranges from \$30 to \$70. However, this can be higher for premium facilities with more amenities or in expensive urban areas, potentially reaching \$100 to \$150 or more.

Q: How much should I budget for personal training sessions per month if I want to get in shape?

A: If you plan to work with a personal trainer, you should budget anywhere from \$200 to \$800 or more per month. This depends on the frequency of sessions (e.g., once a week, twice a week) and the trainer's hourly rate, which can range from \$50 to \$150 per hour.

Q: Are there affordable ways for women to get in shape at home without expensive equipment?

A: Yes, absolutely. Women can get in shape at home with minimal cost by utilizing bodyweight exercises, resistance bands (often \$10-\$30), and free online workout videos. Yoga mats are also relatively inexpensive (\$20-\$40).

Q: What is the estimated cost of building a basic home gym for women?

A: A basic home gym for women, including a set of dumbbells, resistance bands, and a yoga mat, can cost between \$100 and \$300. This can increase significantly if you opt for larger equipment like a weight bench or cardio machines.

Q: How much can I expect to spend on healthy groceries and potential supplements for a fitness-focused diet for women?

A: The cost of groceries for a fitness-focused diet varies greatly based on dietary choices and location,

but budgeting an extra \$50 to \$200 per month for healthier options is common. Supplements, if used, can add another \$30 to \$100+ monthly.

Q: What are the costs associated with specialized fitness classes like yoga or CrossFit for women?

A: Specialized fitness classes can range in cost. Drop-in rates are often \$20-\$35 per class, while unlimited monthly memberships at boutique studios typically range from \$100 to \$250.

Q: Is it necessary to buy expensive workout clothes and shoes to get in shape as a woman?

A: No, it's not necessary to buy expensive gear. While good quality running shoes are important (\$80-\$150), you can find functional and comfortable workout apparel at various price points. Prioritize comfort and performance over brand names.

Q: What are the long-term costs of staying in shape for women, beyond initial investments?

A: Long-term costs include ongoing gym memberships or equipment maintenance, potential recurring costs for physical therapy or massage (\$80-\$150 per session), new athletic shoes every 6-12 months, and participation in fitness events (\$50-\$150 per event).

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about a healthy lifestyle With the help of sharing valuable content.

how much is get in shape for women: Fit & Healthy Pregnancy Kristina Pinto, 2013-06-04 Exercise during pregnancy isn't just safe, it's healthy for you and your baby. Fit & Healthy Pregnancy will help new mothers experience an easier, healthier pregnancy and a faster return to fitness after delivery. Fit & Healthy Pregnancy dispels generations of old wives' tales about exercise and pregnancy so active women can stay strong and in shape. This book from running coach Dr. Kristina Pinto and triathlete Rachel Kramer, MD goes beyond labor and delivery through the fourth trimester," helping new mothers return to fitness after they've had their babies. Fit & Healthy Pregnancy reviews up-to-date research to show that exercise during pregnancy isn't just safe, it's ideal for health and wellness. Pinto and Kramer guide moms-to-be through each trimester, showing how their bodies, nutrition needs, and workouts will change. The authors cover the months following delivery, when women adapt to a new lifestyle that balances family, fitness, self, and perhaps a return to work. They offer smart guidance and tips on breastfeeding, sleep training, nutrition and hydration, weight loss, and how to transition back into workouts and training. Fit & Healthy Pregnancy includes Trimester guides to body changes, nutrition, and emotional health Guidance on exercise, rest, body temperature, injury prevention Guidelines and suggested workouts for running, swimming, and cycling Strength and flexibility exercises to reduce discomfort and chance of injury Tips on exercise gear for each trimester Symptoms of common pregnancy conditions and when to see a doctor Three chapters of expert guidance on returning to fitness after delivery

how much is get in shape for women: Get in Shape Fast Sherry Granader, 2012-08 To your good health, Get In Shape FAST is dedicated to helping you achieve ultimate health and vitality while still enjoying some of your favorite foods. Even though our program talks about getting in shape fast, remember to take it one step and one day at a time. If you cheat during a meal, make a commitment to eat better at the next meal. Find an exercise you will commit to doing on a daily basis. For variety, join a gym, take some classes, meet with a personal trainer, or try yoga or Pilates for core strength and flexibility. Be good to yourself each and every day taking time out for you! —your Get In Shape FAST Team

how much is get in shape for women: 1001 Ways To Get In Shape Susannah Marriott, 2009-01-06 Getting fit can be a daunting task, but it doesn't need to take over your life. 1,001 Ways to Get in Shape gives you loads of little tips that you can work into your normal lifestyle, so you won't have to find time to sweat it out at the gym every day. This book is not bossy or demanding or hard to maintain as many fitness regimes can be. The emphasis is on fun, and it contains an eclectic mix of ideas from everyday situations such as brushing teeth to avoiding the urge to snack or using a pedometer to track your activity level. Susannah Marriott is a freelance writer who specializes in complementary healthcare. She is the author of 18 books on how to keep body and mind in shape at every stage of life using yoga, spa treatments, and meditation; they have been translated into ten languages. She was a natural health contributor to the magazine Total Makeover, her writing has appeared in magazines and newspapers including Weekend Guardian, The Times (UK), Zest, and Shape, and she has broadcast on BBC Radio 4. She teaches at the masters level in writing at University College Falmouth. Susannah's own way to stay in shape includes yoga (which she has taught for two years), coastal walking, swimming, and contemporary dance. But above all, she stays in shape by running around after her three young daughters.

how much is get in shape for women: Women of Steel Maria R. Lowe, 1998 A lot of people in the general public think female bodybuilding is gross and freaky . . . that that's not what a woman is supposed to look like. So says Michelle, a national bodybuilding judge. In fact, athletic women, especially those in sports where strength, muscle, and sweat feature prominently, are typically viewed by the public as being outside the boundaries of appropriate femininity. And perhaps no group of women athletes embodies this gender outlaw status more than female bodybuilders, who by their bulk and sheer strength challenge our very notions of what it means to be a woman. Why would women choose to look like that? And what does it take to get and stay so muscular? Maria R. Lowe has interviewed more than one hundred people connected with women's bodybuilding, from the

bodybuilders themselves, to trainers, family members, spouses, judges, and sponsors. In *Women of Steel*, Lowe introduces us to a world where size and strength must be balanced with a nod toward grace and femininity. Lowe, who actually worked out with a couple of the bodybuilders she interviewed, gets at the heart of what it is to be a woman bodybuilder. We learn about paying the price--doing the necessary exercise, and sometimes drugs--that allows women to rise to the top of their profession. We follow their successes and failures, and discover the benefits-- including increased self-esteem and physical strength--as well as the sometimes unhealthy effects of their training regimen, from dehydration to baldness to rampant acne to high blood pressure. We travel with the women from competition to competition and find that judges' standards seem to vary alarmingly depending on momentary notions of what constitutes the overall package--that elusive perfect body that catches judges' eyes and wins competitions. Above all, *Women of Steel* is a keenly observant diary of life in women's bodybuilding, a must-read for people interested in sports, competition, physical culture, and gender.

how much is get in shape for women: *Getting Back in Shape* Bob Anderson, Bill Pearl, Ed Burke, 2006-11-09 And special programs allow readers to exercise while at work or on the road. The third edition of *Getting Back in Shape* includes a new section on running by Jeff Galloway, Olympic athlete and author of the bestseller *Galloway's Book on Running*.

how much is get in shape for women: *Rosalie Gardiner Jones and the Long March for Women's Rights* Zachary Michael Jack, 2020-03-03 In February 1913 young firebrand activist General Rosalie Gardiner Jones defied convention and the doubts of better-known suffragists such as Alice Paul, Jane Addams, and Carrie Chapman Catt to muster an unprecedented equal rights army. Jones and Colonel Ida Craft marched 250 miles at the head of their all-volunteer platoon, advancing from New York City to Washington, DC in the dead of winter, in what was believed to be the longest dedicated women's rights march in American history. Along the way their band of protestors overcame violence, intimidation, and bigotry, their every step documented by journalist-embeds who followed the self-styled army down far-flung rural roads and into busy urban centers bristling with admiration and enmity. At march's end in Washington, more than 100,000 spectators cheered and jeered Rosalie's army in a reception said to rival a president's inauguration. This first-ever book-length biography details Jones's indomitable and original brand of boots-on-the-ground activism, from the 1913 March on Washington that brought her international fame to later-life campaigns for progressive reform in the American West and on her native Long Island. Consistently at odds with conservatives and conformists, the fiercely independent Jones was a prototypical social justice warrior, one who never stopped marching to her own drummer. Long after retiring her equal rights army, Jones advocated nonviolence and fair trade, authored a book on economics and international peace, and ran for Congress, earning a law degree, a PhD, and a lifelong reputation as a tireless defender of the dispossessed.

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how much is get in shape for women: *Orange Coast Magazine* , 1985-01 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County's most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive

guidebook into the county's luxe lifestyle.

how much is get in shape for women: *Good with Their Hands* Carlo Rotella, 2002-10-25 This eloquent, streetwise book is a paean to America's Rust Belt and a compelling exploration of four milieus caught up in a great transformation of city life. With loving attention to detail and a fine sense of historical context, Carlo Rotella explores women's boxing in Erie, Pennsylvania; Buddy Guy and the blues scene in Chicago; police work and crime stories in New York City, especially as they converged in the making of the movie *The French Connection*; and attempts at urban renewal in the classic mill city of Brockton, Massachusetts. Navigating through accrued layers of cultural, economic, and personal history, Rotella shows how stories of city life can be found in a boxing match, a guitar solo, a chase scene in a movie, or a landscape. The stories he tells dramatize the coming of the postindustrial era in places once defined by their factories, a sweeping set of changes that has remade the form and meaning of American urbanism. A native of the Rust Belt whose own life resonates with these stories, Rotella has gone to the home turfs of his characters, hanging out in boxing gyms and blues clubs, riding along with cops and moviemakers, discussing the future of Brockton with a visionary artist and a pitbull-fancying janitor who both plan to save the city's soul. These people make culture with their hands, and hands become an expressive metaphor for Rotella as he traces the links between their individual talents and the urban scenes in which they flourish. His writing elegantly connects what happens on the street to the larger story of urban transformation, especially the shift from a way of life that demanded individuals be good with their hands to one that depends on the intellectual and social skills fostered by formal education and service work. Strong feelings emerge in this book about what has been lost and gained in the long, slow aging-out of the industrial city. But Rotella's journey through the streets has its ultimate reward in discovering deep-rooted instances of what he calls truth and beauty in the Rust Belt.

how much is get in shape for women: Runner's World Complete Book of Women's Running Dagny Scott Barrios, Editors of Runner's World Maga, 2007-10-30 Runner's World Complete Book of Women's Running is designed specifically to address the unique challenges and rewards the sport presents to the fastest growing segment of the market—women runners. More than 10 million women across the country now identify themselves as regular runners. In response to the dramatic increase in the number of women in the sport, Dagny Scott Barrios and the experts at Runner's World have created this singular guide, where women will discover how to: • train for any race, from a 5K to a marathon • eat nutritiously and for maximum energy • lose weight permanently • deal with self-consciousness and body image • run during pregnancy and through menopause • choose the best clothes and accessories • run anywhere safely • prevent and treat injuries, especially those that women are most likely to encounter With clear photographs, running sidebars, and testimonials from women runners of all ages and abilities, this comprehensive resource provides the most current practical advice available anywhere for women runners of all levels.

how much is get in shape for women: The Great Physician's Rx for Women's Health Jordan Rubin, Nicki Rubin, 2006 The Great Physician's Rx for Women's Health will empower you to achieve maximum energy, attain your ideal weight, enhance your immune system, improve your digestion, reduce your risk for diseases such as breast cancer and osteoporosis, and best of all, make this the healthiest year of your life.

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