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7 Steps To Embracing Your Best Body Now

The specifics of this program, the Best Body Now transformation, include a decade-by-decade look at how our bodies evolve in our thirties, forties, fifties and beyond, plus tailored guidelines to age-proof your body through nutrition, exercise, health, beauty and motivation.

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Tosca Reno, B.Sc., B.Ed., author of Your Best Body Now: Look and Feel Fabulous at Any Age the Eat-Clean Way, is the bestselling author of the Eat-Clean Diet® book franchise, which has sold over a million copies worldwide. A magazine columnist and fitness model, she has spent the past decade putting her principle of health, fitness and wellness in motion in her own life, and sharing her proven plans with readers through her books, regular columns in Oxygen and Clean Eating® magazines and ...

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