

# GETTING FIT WITH TANJA



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Find the joy in being your best self  
Diets, and why they don't work  
Pump up your vitality and metabolism  
Love a better image of your body  
Heavy lifts  
H2O  
Relaxing like a rock star  
Fitness exercising like a rock star  
It should be fun to achieve your goal  
Best and last

## Träna med Tanja

Tanja Delevic  
230x200, 88 pp

*Get your new life started already today, and become aware of how fitness-exercises, food and breathing affect your health. Learn about the link between body and soul.*

**W**hen you feel good, you will achieve your ideal weight, get a stronger and more supple body and a harmonious inside. Step by step, and with pedagogical illustrations, this book will guide you to a more fun and more healthy life in 10 weeks.

## About the author:

Two years in a row, Tanja Delevic from Sweden has been named by the magazine Men's Journal as one of the best fitness instructors in the USA. Many are the Hollywood actors and rock stars whom she has helped to get into good shape. But besides keeping the stars in trim, she also helps young girls and women who find themselves "in another Los Angeles, far from the glowing parties of the stars".