



HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast)

Gina Harney

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See results in a fraction of the time with short, effective workouts: work smarter not harder!

Let's HIIT It! Gina Harney, award-winning creator of Fitnessista.com, knows high-intensity interval training (HIIT) is the smart alternative to long cardio workouts. With shorter workouts you can spend less time working out while building strength, coordination, and endurance and boosting your metabolism so you burn more calories throughout the day. And with her HIIT-inspired eating plan of frequent, tasty snacks, you'll feel great and stop stressing about food.

- **Build a personalized fitness plan that fits with your life**
- Drop pounds, burn fat, boost energy, and live healthier
- Spice up your workout schedule, keep your body guessing, and avoid plateaus
- Snack! Eat smart with quick, healthy treats you can prep in advance to fuel your day

"Full of helpful information for people looking to live a healthy lifestyle. I especially enjoyed her infectious enthusiasm for HIIT and reading her easy to follow sample fitness plans, exercise demonstrations with cues, and healthy recipes!

ÛKathie Davis, Executive Director of Idea Health & Fitness Association

"An excellent program that is lifestyle based and doesn't require hours in a gymÛperfect for someone like me! I adore that she loves food as much as she loves fitness.

ÛJessica Merchant, Author of *Seriously Delish* and creator of howsweeteats.com

"A treasure÷*HIIT It!* presents Gina Harney's vision for a balanced, healthy lifestyle in the same upbeat, conversational manner that we have come to enjoy from her wonderfully popular blog.

ÛMatthew Kenney, Founder of Matthew Kenney Cuisine

"An amazing resource for strong, effective, and quick workouts and tips for attaining balanced nutrition. And it's a super fun read. Highly recommended!

ÛErin Motz, YouTube Personality and Original Bad Yogi

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Stephen Mosley:

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