



# **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](http://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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### **From reader reviews:**

#### **Julius Montanez:**

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#### **Kina Chatman:**

Hey guys, do you would like to finds a new book to learn? May be the book with the concept HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast) suitable to you? The book was written by well known writer in this era. Often the book untitled HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast)is the main of several books that everyone read now. That book was inspired many people in the world. When you read this guide you will enter the new age that you ever know ahead of. The author explained their idea in the simple way, therefore all of people can easily to be aware of the core of this publication. This book will give you a lots of information about this world now. In order to see the represented of the world within this book.

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#### **Joan James:**

Playing with family in a park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller

coaster you already been ride on and with addition info. Even you love HIIT IT! (Fitnessista's Get More From Less Workout and Diet Plan to Lose Weight and Feel Great Fast), it is possible to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

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