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The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life

By Arthur S Agatston, Joseph Signorile

St. Martin's Press. Paperback / softback. Book Condition: new. BRAND NEW, The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life, Arthur S Agatston, Joseph Signorile, Five years ago, with the publication of "The South Beach Diet," renowned Miami cardiologist Dr. Arthur Agatston set out to change the way America eats. Now he has an even more ambitious goal: to change the way America lives by helping Americans become fitter as well as thinner and healthier . . . for life. In the all-new "The South Beach Diet Supercharged," Dr. Agatston shows you how to rev up your metabolism and "lose weight faster" while following the proven healthy eating principles of the original diet: choose good carbs, good fats, lean protein, and low-fat dairy. Collaborating with Dr. Joseph Signorile, a professor of exercise physiology at the University of Miami, Dr. Agatston presents a cutting-edge, three-phase workout that perfectly complements the three phases of the diet itself. Based on the latest exercise science, this ease-into-it fitness program combines low- and high-intensity interval exercise (with a focus on walking) and functional core body-toning exercises. The result: You'll look fitter and you'll burn more fat and calories all day--even...



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