

# Xclusive Female Fitness Club

**Ann F. Cowlin**

**Fit for Consumption** Jennifer Smith Maguire, 2007-09-06 This is the first text to offer a comprehensive socio-cultural and historical analysis of the current fitness culture. Fitness today is not simply about health clubs and exercise classes, or measures of body mass index and cardiovascular endurance. *Fit for Consumption* conceptualizes fitness as a field within which individuals and institutions may negotiate - if not altogether reconcile - the competing and often conflicting social demands made on the individual body that characterize our current era. Intended for researchers and senior undergraduate and postgraduate students of sport, leisure, cultural studies and the body, this book utilizes the US fitness field as a case study through which to explore the place of the body in contemporary consumer culture. Combining observations in health clubs, interviews with fitness producers and consumers, and a discourse analysis of a wide variety of fitness texts, this book provides an empirically grounded examination of one of the pressing theoretical questions of our time: how individuals learn to fit into consumer culture and the service economy and how our bodies and selves become 'fit for consumption.'

The Spaces of Violence James Giles, 2006-04-09 Probes the interrelationship of violence and space in 10 contemporary American novels. James R. Giles examines 10 novels for the unique ways they explore violence and space as interrelated phenomena. These texts are Russell Banks's *Affliction*, Cormac McCarthy's *Outer Dark* and *Child of God*, Lewis Nordan's *Wolf Whistle*, Dorothy Allison's *Bastard Out of Carolina*, Don DeLillo's *End Zone*, Denis Johnson's *Angels*, Sherman Alexie's *Indian Killer*, Robert Stone's *Dog Soldiers*, and Bret Easton Ellis's *American Psycho*. These stories take place in settings as diverse as small towns, college campuses, suburbs, the brokerage houses and luxury apartments of Wall Street, football stadiums, Appalachian hills, and America's no-man's-land of Greyhound bus stations and highways. Violence, Giles finds, is mythological and ritual in many of these novels, whereas it is treated as systemic and naturalistic in others. Giles locates each of the novels he studies on a continuum from the mythological to the naturalistic and argues that they represent a fourthspace at the margins of physical, social, and psychological space, a territory at the cultural borders of the mainstream. These textual spaces are so saturated with violence that they suggest little or no potential for change and affirmation and are as degraded as the physical, social, and mental spaces out of which they emerge. A concluding chapter extends the focus of *The Spaces of Violence* to texts by Jane Smiley, Toni Morrison, Edwidge Danticat, and Chuck Palahniuk, who treat the destructive effects of violence on family structures.

**New York Magazine** ,1990-10-29 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

*Female Fitness Stars of TV and the Movies* Patricia Costello,2001 Describes the lives and physical fitness routines of movie stars Demi Moore, Cher, Goldie Hawn, and Lucy Lawless.

Elite Female Fitness for Her Emily Davies,2019-10-03 If you've always wanted to hit the stage in a bikini or figure competition, this is your time. Our comprehensive plan includes the workout plan, this nutrition plan, and motivational tips to help you get a winning physique in just 12 weeks. Give it a try--even if you're not ready for the spotlight, you're guaranteed to get into the very best shape of your life.

**Better Body Workouts for Women** Dean Hodgkin,Caroline Pearce,2013-10-14 Are you serious about your workouts but disappointed in the results? Training harder and longer but getting no closer to your goal? If so, then read on—the solutions to your problems are here. In *Better Body Workouts for Women*, fitness experts and elite athletes Dean Hodgkin and Caroline Pearce provide you with your own personal training toolkit. You'll discover the best methods for assessing your current fitness level, identifying physical strengths and deficiencies, setting and refining training goals and selecting and customizing the programs to make an immediate, lasting impact. Packed with full-colour photos and detailed descriptions of exercises, this book includes proven programs for increasing strength, endurance, power and agility as well as strategies for accelerating muscle development and recovery, breaking through plateaus, reducing body fat and fueling performance. You'll find expert advice and the latest research on pregnancy, menopause, osteoporosis and common injuries. Complete with a discussion on training diaries for tracking progress and monitoring results, sample menu plans and dietary recommendations and an array of workouts for home and gym, *Better Body Workouts for Women* is the ultimate resource for any woman serious about pushing her body and performance to the next level. Read it, perform it, live it and see mesmerising results.

**Let's Get Physical** Danielle Friedman,2023-01-03 A captivating blend of reportage and personal narrative that explores the untold history of women's exercise culture--from jogging and Jazzercise to Jane Fonda--and how women have parlayed physical strength into other forms of power. For much of the twentieth century, sweating was considered "unladylike" and girls grew up believing physical exertion would cause their uterus to "fall out." It was only in the Sixties that, thanks to a few forward-thinking fitness pioneers, women began to move en masse. In *Let's Get Physical*, journalist Danielle Friedman reveals the fascinating untold history of contemporary fitness culture, chronicling in vivid, cinematic prose how exercise evolved from a beauty tool pitched almost exclusively as a way to "reduce" into one millions have harnessed as a path to

mental, emotional, and physical well-being. Let's Get Physical takes us into the workout studios and onto the mats to reclaim these forgotten origin stories—and shine a spotlight on the trailblazers who made it possible for women to move. Each chapter uncovers the birth of an fitness movement that laid the foundation for working out today: the invention of the barre method in the Swinging Sixties, jogging's path to liberation in the Seventies, the explosion of aerobics and weight-training in the Eighties, the rise of yoga in the Nineties, and the ongoing push for a more socially inclusive fitness culture—one that celebrates every body. Ultimately, it tells the story of how women discovered the joy of physical competence and strength—and how, by moving together to transform fitness from a privilege into a right, we can create a more powerful sisterhood.

**The Female Body Breakthrough** Rachel Cosgrove, 2009-11-10 The ultimate guide to strength training for sustainable fat-loss, increased energy, and healthy body image for women who want to be in great shape, look amazing, and feel sexy and empowered The key to losing fat and getting a strong, sexy body can't be found in the pages of some fancy diet book. It can't be found in a magic pill. According to strength coach, Rachel Cosgrove, the key to shedding fat and keeping it off can only be found on the strength-training floor. After trying-and failing-diet after diet, hundreds of women have turned to Cosgrove and her revolutionary Fit Female strength training program to finally get the fit, strong, and healthy bodies they've always wanted. Her clients have lost up to 70 pounds, dropped up to six dress sizes, and drastically changed their body shapes and muscle-to-fat ratios. Now any woman can get the same results with The Female Body Breakthrough. A program for every female who is tired of starving herself, exercising for hours with no results, and feeling bad about it all, this revolutionary plan uses a combination of innovative strength training and sensible nutrition. The 16-week program includes: - A 2-week Bodyweight-Only Jumpstart Phase that will help women adjust to strength training while seeing results in just days - Over 100 fully illustrated warm-up moves and innovative strength-training exercises using everything from dumbbells and barbells to bands and straps - A comprehensive nutrition plan including nutrient-timing strategies that work with workouts, satisfying foods that promote optimum health and energy, and even an indulgent snack every day - A Do-It-Yourself guide to program design so women can craft a program that works toward her personal goals and with her schedule Written in an accessible, girlfriend-to-girlfriend tone, The Female Body Breakthrough delivers doses of motivational advice, testimonials from real Fit Females, and all the know-how any woman needs to get a strong, healthy body.

**Women's Fitness Program Development** Ann F. Cowlin, 2002 Meet the unique needs of all females, young and old, in health and fitness settings. Women's Fitness Program Development introduces a groundbreaking model for women's health and fitness. - Build a solid theoretical basis for girls' and women's health and fitness programming. - Develop programs that take into account how females see the world. - Find touchstones that motivate clients to achieve a lifetime of fitness. - Design your classes around women's physical, psychological, social, and emotional needs. - Learn about appropriate exercises and

positions for females at different life stages. Written by a fitness expert with more than 30 years' experience teaching dance and exercise to girls and women, this book is thoughtful, research-based, and packed with insight. It is a practical resource for instructors, trainers, health care providers--any professional working with girls and women in a health and fitness setting. Women's Fitness Program Development is divided into four sections: Adolescence, Pregnancy, Postpartum Period, and Menopause. Each section defines terminology; suggests how to set goals and priorities; and provides appropriate exercise components, prescriptions, modifications, and program evaluation strategies. The text includes the following special features:

- 60 photos illustrating appropriate exercises and positions for different life stages
- Instructions for female-focused exercises, such as strengthening the pelvic floor and centering the body
- Sidebars with practical instructional tips
- 30 forms for screening, assessment, participant worksheets, evaluation, and other program needs
- Examples from current programs focused on girls and women

Ann Cowlin provides information relevant to all stages of the female life cycle. She includes a 10-week creative physical activity curriculum for adolescent girls, detailed explanations of contraindications for exercise and conditions requiring assessment and warning signs in pregnancy, plus exercise guidelines for pregnant women. Cowlin also includes insightful ideas for working with pregnant and parenting adolescent girls. She addresses approaches for dealing with physical conditions resulting from pregnancy, birth, and the extended postpartum period; and she offers sample group fitness sessions for midlife women.

Total Women's Fitness Gerard Thorne, Phil Embleton, 2002

**My Life at the Gym** Jo Malin, 2012-02-01 Very often, my workouts are the best part of my day, notes feminist writer Jo Malin. *My Life at the Gym* celebrates women's experiences of exercise and the found spaces for this activity as places of community with other women. Neither elite athletes nor dancers, the contributors to this volume are well aware of the negative cultural messages about women's bodies that may influence body work. Yet, like many women, they have found comfortable and healthful spaces that allow them to enjoy exercise and take care of the physical needs of their bodies. Through diverse essays, personal accounts, and poems, contributors portray everyday lives in which meaning comes from movement and from the companions they move with in a variety of activities from running, walking, swimming, and skiing to boxing, Morris dancing, and yoga, among others. A unique, positive, and largely unremarked view of exercise and its place in women's lives, this book will resonate with and inspire many readers.

**The Sisterhood of S.W.E.A.T.** Linda M Mitchell, 2022-10-22 Learn from 50+ year-old fitness expert Linda Mitchell how to erase your doubts, boost your self-esteem, and amp up your workout routine, even after 50. This book has tips for all ages, including: -50+ delicious (and simple) gluten-free, sugar-free recipes -A 7-day cleanse to recharge your metabolism -2 unique eating plans tailored to your lifestyle -21 high-octane SOS S.W.E.A.T. workouts -Tips on how to conquer your cravings -The keys to ending girl-on-girl crime -Access to the amazing SOS S.W.E.A.T. community -All of the motivation you need to be your

strong and sexy self! It's time to feel healthy, happy...and hot! Love the woman you see in the mirror. Let's S.W.E.A.T.

**Strong Women Lift Each Other Up** Fitness Gym Health Series,2020-01-09 Power Workout Log - is a professional training diary that will make your training even more effective. Plan your day carefully and achieve results faster! Content: - Number of exercises, repetitions and weight - Tables with cardio training, time, distance, HR - Supplements and vitamins - Notes, dates

Lift Like a Girl: Be More, Not Less. Nia Shanks,2017-11-20 You sweat, burn, and fast until you're exhausted...only to fall into a tailspin of stress, overindulgence, and blame. If you're like most women, you've been through this vicious cycle more times than you can count. But what if fitness wasn't about fixing flaws and shrinking sizes? What if your workout could be uncomplicated, energizing, and even fun? Fitness coach Nia Shanks has helped countless clients reinvent their mindset around exercise, nutrition, and body image. Based on her wildly popular blog, Lift Like a Girl is so much more than a workout program. It's an empowering lifestyle built around discovering the strength you never knew you had. Along with her practical, step-by-step approach for getting proven results in the gym, Nia breaks through the weight-loss cliches that keep too many women dissatisfied, depressed, and constantly on a diet. Find out how good it feels to lift like a girl, and leave the gym feeling more awesome than ever.

**Cassey Ho's Hot Body Year-Round (Enhanced Edition)** Cassey Ho,2015-04-07 Now with exclusive ebook-only videos! Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates© is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get: - 120 of Cassey's BEST total body transforming exercises - The complete POP Pilates exercise library - fully photographed and easy to follow - 20 full length workouts - 40 brand new, ridiculously delicious & nutritious recipes - Foods for beautiful hair, skin, and nails - 4 complete clean eating meal plans & grocery lists that complement each season - Cassey's personal daily meal plan - Motivational tips to stay inspired year-round - 256 pages of full color, glossy inspiration

Competing with Class Kary Odiatu,2002

*The Women's Health Fitness Fix* Jen Ator,Editors of Women's Health Maga,2017-11-28 It's time to rethink your relationship with food and exercise! The Women's Health Fitness Fix is a refreshing, realistic guide for anyone who wants a

better body. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the US's leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the US. Whether you're a beginner or a longtime fitness fanatic, this must-have manual offers hundreds of tips to get you the results you've always wanted—in just minutes a day. Inside, you'll find: • More than 30 exclusive total-body workouts from America's top trainers, including genius 5-minute routines you can do whenever you're in a hurry and stack together when you have time for a serious calorie-blasting sweat session. • Practical solutions for managing your motivation, busting through fitness and weight-loss plateaus, and overcoming the most common diet obstacles and exercise excuses. • Beginner-friendly techniques for healthier cooking at home and meal prep made simple, along with hundreds of fast-and-easy recipe ideas and calorie-saving food swaps. • More than 145 research-based "Quick Tips" for improving everything from your goal setting and grocery shopping list to your sleep habits and stress-management skills. The Women's Health Fitness Fix is more than a diet book: It's the long-term solution you've been searching for and offers the tools and motivation you need to improve your relationship with food and exercise, transform your body, and finally make your healthy lifestyle feel effortless!

Cassey Ho's Hot Body Year-Round Cassey Ho, 2015-04-07 Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates® is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get: - 120 of Cassey's BEST total body transforming exercises - The complete POP Pilates exercise library - fully photographed and easy to follow - 20 full length workouts - 40 brand new, ridiculously delicious & nutritious recipes - Foods for beautiful hair, skin, and nails - 4 complete clean eating meal plans & grocery lists that complement each season - Cassey's personal daily meal plan - Motivational tips to stay inspired year-round - 256 pages of full color, glossy inspiration

**Wow**, 2007-12-01

**A Woman's Book of Strength** Karen Andes, 1995 A unique book that offers a new treatment of female empowerment, blending spiritual and physical strength in the tradition of Deepak Chopra's New York Times bestseller, Ageless Body, Timeless Mind. It is the first book to combine the best of successful self-esteem books such as Gloria Steinem's Revolution from Within and fitness books such as those by Joyce Vedral.

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