



Fit to Be Bride: The Complete Wedding Workout

Bonne Marcus

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Are you wedding day ready? Every bride wants to look gorgeous as she walks down the aisle—and this gifty guide helps make it happen. Personal trainer extraordinaire Bonne Marcus, who has over two decades of fitness experience, explains how to shape up, physically, emotionally, and mentally. She provides information on a variety of ways to get fit, including two workouts: the first includes specific exercises tailored to different dress styles, so whatever type of gown you choose, you'll look great. The second lays out her tried-and-true “down the aisle” workout, which combines strength and cardio to burn fat and develop muscle-fast. You'll feel centered, energetic, and glowing on the day you get married . . . and beyond.

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