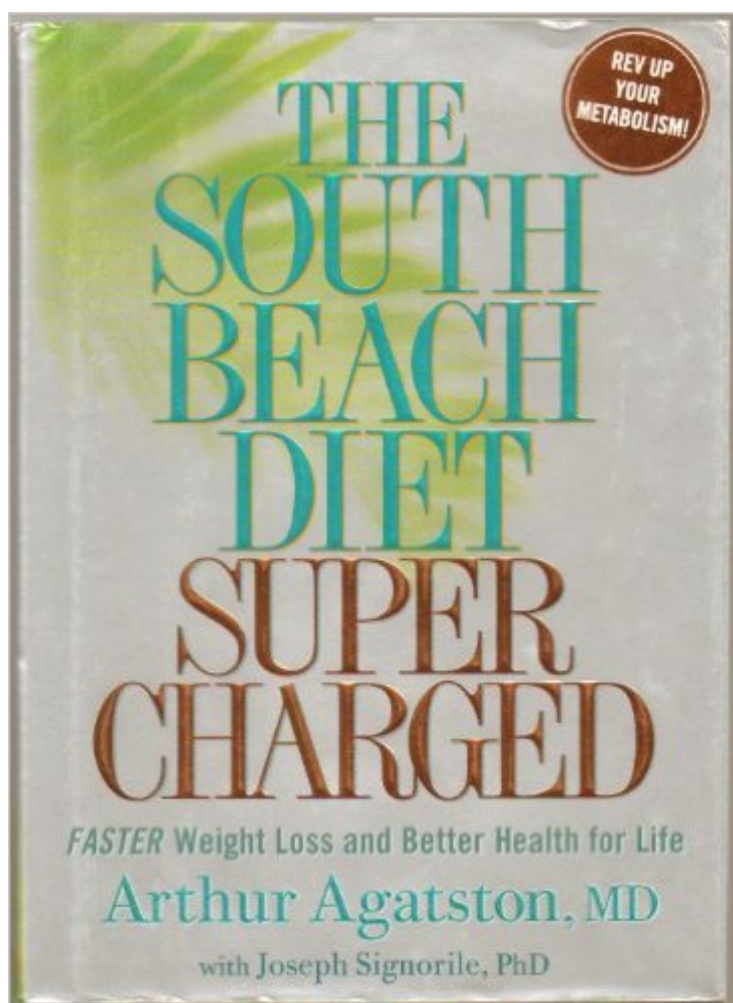


The book was found

**The South Beach Diet Supercharged
Faster Weight Loss And Better
Health For Life [2008 Hardcover]
Arthur Agatston MD (Author) Joseph
Signorile PhD (Author)The South
Beach Diet Supercharged Faster
Weight Loss And Better Health For
Life [2008 Hardcover]**





Synopsis

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 at rest. Also included is the latest nutritional research on how specific foods high in vitamins, minerals, fiber, and a host of phytonutrients help keep you healthy; new and expanded lists of Foods to Enjoy; taste-tempting Meal Plans for phases 1 and 2; and dozens of easy-to-prepare new recipes, including Eggs Frijoles, Chock-Full-of-Veggies Chili, Roasted Tomato Soup, Homestyle Turkey Meatloaf, and South Beach Diet Tiramisu. In every chapter you'll find inspiring success stories from real-life South Beach dieters and plenty of effective weight loss tips. And as an added bonus, Dr. Agatston answers the questions you've most often asked him about the diet since the original book was published.

Book Information

Hardcover

ASIN: B0048FT0PO

Product Dimensions: 9.2 x 6.6 x 1.1 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (773 customer reviews)

Best Sellers Rank: #877,658 in Books (See Top 100 in Books) #65 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet

Customer Reviews

If you have never read *The South Beach Diet*, buy this book instead: It's much more helpful due to the exercise section and latest research on healthy eating and physical activity. If you already have a copy of *The South Beach Diet*, you need to buy this one as well so you can do the exercises. I'm a big fan of *The South Beach Diet*. It helped me lose a lot of weight when nothing else worked. I felt

comfortable losing the weight and looked great when I was done, rather than like a survivor of starvation. Whenever I gained a bit of weight since then, returning to Phase 1 quickly took it off. But there was a problem: I clearly wasn't exercising enough. In the past, I've done a lot of walking and weight lifting . . . but I didn't get much benefit in terms of medical measures like reduced triglycerides. In fact, eating oatmeal and taking omega-3 supplements does more for my cholesterol level than exercise. I know that I need something different. My eyes opened wide when I got to the section of this book that talked about how moderate amounts of walking (20 minutes every other day) with short intervals of fast movement spaced between moderate walking would do me more good for burning fat than doing all that walking that I used to do at one speed. Now, that sounded great! Between walking days, you do some moderate body toning. Here is where I had some concerns about the book: The photographs show a lot of stress being put on the back. That's not a good idea for me: I have back problems. I'm not quite sure what to do, but I've ordered the DVD to see how these exercises are to be done and hope there will be detailed instructions there for people with bad backs. In this book, Dr.

While this book is an improvement over the original, it isn't really a new book and should have been sold as a revised edition of the original. The exercise section is decent but unremarkable. Interval walking (basically alternating between harder and easier effort while walking) is hardly a new idea, but it's a very good exercise to promote. The strength-training exercises are also decent, but again, nothing new. I found the interval walking routines to be far too easy, and I'm overweight by 50 pounds. To be fair, I walk quite a lot (1-4 miles a day) just to get to the library, grocery store, swimming pool, etc, so I might be in better physical shape than others who are similarly overweight. The strength training exercises were a good fit for me, but I suspect that for many folks they will be too easy. If you care to modify the workouts to be more challenging, do follow the basic 'effort' curve that Agatston recommends, or, better still, get a sports-fitness book and learn from that. Ideally, you want to build the intensity of your workouts, and then back off, in cycles; any basic sports training book can give you more information, but you could cobble together a reasonable workout following this book as a loose guide. The diet is more or less the same as in the previous book, with some new recipes and new foods added. I am following phase 1 right now, with some modifications. First, I don't consume sugar substitutes, and I don't think they're a good idea for anyone. I'm surprised any doctor would recommend them, but I'm prejudiced in favor of a natural, whole-foods diet. Agatston seems a little too keen on artificial sugars, and even lists 'light whipped topping' as an option -- yuck!

[Download to continue reading...](#)

The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) By Arthur Agatston The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life (Reprint) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) [Faster Weight Loss and Better Health for Life]The South Beach Diet Supercharged[Paperback]on April 28, 2009 The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less (Random House Large Print Nonfiction) by Agatston M.D., Arthur S. (2005) Hardcover South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan for Losing Weight and Feeling Great--FAST! by Arthur Agatston (April 2 2013) The South Beach Diet Parties and Holidays Cookbook Healthy Recipes for Entertaining Family and Friends by Agatston, Arthur [Rodale Books,2006] (Paperback) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies,

Weight Loss Motivation,) South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free)

[Dmca](#)