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Fitness instructor Debbie Siebers created Slim in 6 in response to her own frustration with weight control and body image. Knowing what it's like to struggle with these challenges, she offers empathy and encouragement to programme participants. The Step-by-Step Nutrition

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Guide makes it easy to choose the right foods for healthy weight loss.

Slim in 6 Workout DVD Programme: Six Week Slim Training ...

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for a person weighing 120 pounds. A person could burn an average of 400 calories with the 45-minute "Ramp It Up" routine. The program's "Burn It Up" exercise video runs for a little less than an hour, and can average anywhere from 435 to 907 calories or more.

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