



The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts

By Hanne Blank

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This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health.

Hanne Blank, proud fat girl and personal trainer, understands the physical and emotional roadblocks that overweight women face in the world of exercise. In this one-of-a-kind guide that combines exercise advice with a refusal to fat-bash, Hanne shows readers how to choose workout options from WiiFit to extreme sports, avoid common sports injuries, get proper nutrition, source plus-size workout gear, and more.

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