

# HOW TO TRANSFORM

YOUR BODY IN A WEEK

**WHAT DO YOU DO IF YOU WANT TO GET IN PHENOMENAL SHAPE IN JUST ONE WEEK? PERSONAL TRAINER, KATRINA EDEN PROVIDES HER TIPS TO SLIM DOWN... FAST!**

**KATRINA EDEN**

Kat is a Poliquin PICP Level 2 practitioner, and Biosignature Level 2 nutrition coach. Kat writes about health, fat loss and motivation over at [www.bodyincredible.com](http://www.bodyincredible.com), and about nutrition, exercise and lifestyle at [www.womanincredible.com](http://www.womanincredible.com). Head over now to subscribe for free and download your free copy of Kat's new book.