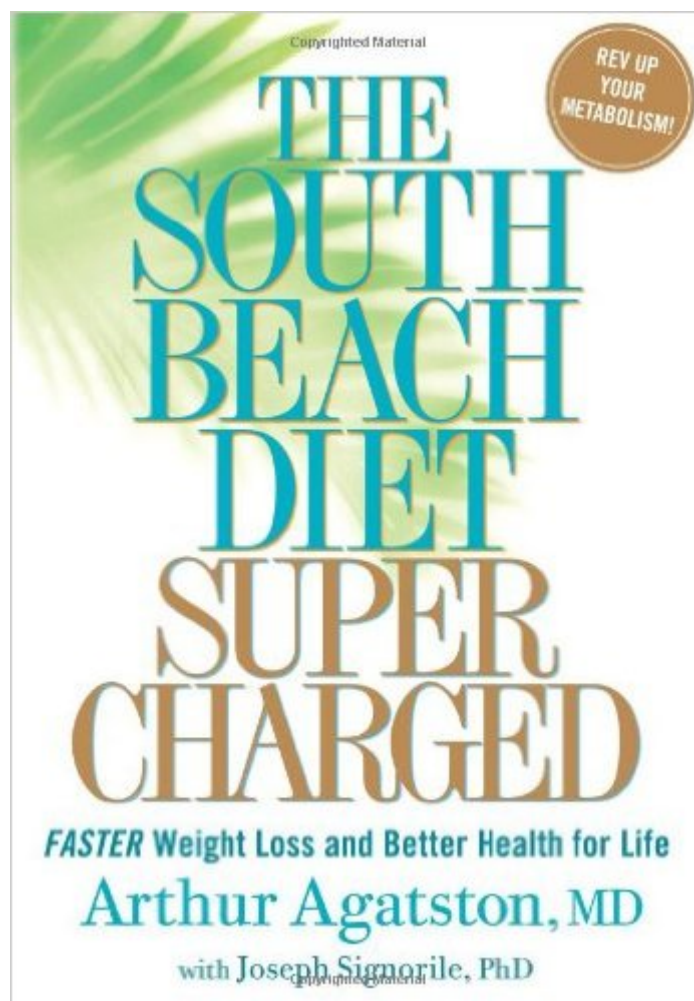


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# The South Beach Diet Supercharged: Faster Weight Loss And Better Health For Life



## 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. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Hardcover: 352 pages

Publisher: Rodale Books; First Edition edition (April 28, 2008)

Language: English

ISBN-10: 1594864578

ISBN-13: 978-1594864575

Product Dimensions: 6.8 x 1.1 x 9.4 inches

Shipping Weight: 1.5 pounds

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

Best Sellers Rank: #24,939 in Books (See Top 100 in Books) #7 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > South Beach Diet #52 in Books > Health, Fitness & Dieting >

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## 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!

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