

FOR IMMEDIATE RELEASE

BREAKING NEWS

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Bridal Fitness Author Gives Away Book Sample

Atlanta, GA – February 1, 2012. Fitness author Jason Fox has released a free sample of his best-selling book, *Skinny Sexy Bride*. Fox's debut book details his fitness regimen for engaged women who want to look their best on their wedding day.

While most fitness authors prescribe hours of fitness training each week, Fox insists that his brides achieve their fitness goals in only one hour per week. Many do-it-yourself brides are using his fitness protocol to reduce their time in the gym and their reliance on professional trainers.

Fox's unorthodox program focuses on efficiency, stripping out all wasted exercise time. Fox contends that this added efficiency creates additional free time for wedding planning and enjoying one's engagement.

"Weddings are an amazing time in a woman's life, but they also contribute to incredible stress. I alleviate that stress by showing my brides how to reach their fitness goals in a fraction of the time of most programs. With the extra time, they are free to finish their wedding errands and enjoy their engagement!" proclaims Fox.

The PDF fitness report is currently complimentary and available for download on their website <http://www.skinnysexybride.com/free-book-sample/>

The book sample includes a foreword by fitness model and Survivor: Redemption Island contestant Krista Klumpp, as well as these full chapters:

How Can You Lose Weight in One Hour Per Week?
The 80/20 Fat Loss Principle

In conjunction with the release of the free book sample, Jason Fox also produced a series of complimentary exercise and nutritional videos.

The featured video is titled “How to Lose Weight for a Wedding in 1 Hour Per Week” (<http://youtube.com/skinnysexybride>) and it offers a brief overview of Jason’s fitness advice for brides. You can watch by clicking the YouTube link above now.

Unusual Fitness Tips for Busy Brides

Skinny Sexy Bride is an Amazon best-selling book that describes Fox’s unorthodox fitness program. Tailored into 3-, 6- and 9-month versions, Fox encourages engaged women to embrace his ultra-efficient fitness methods.

Fox’s program allows brides to gain free time by avoiding traditionally long and repetitive workout programs in favor of shorter, less frequent, and impactful workouts. Brides who are interested in learning more can visit <http://www.skinnysexybride.com/>.

For More Information

For more questions or to schedule an interview about this press release please contact Jason Fox at 888-419-8113 or email jason@skinnysexybride.com.

ABOUT US: SkinnySexyBride.com is the ultimate personal training site for busy brides.

Our philosophy on fitness is based on achieving your maximum potential with the least possible effort while freeing up your time for wedding planning and life enjoyment. We hope you'll come grow with us.

To get your complimentary fitness report entitled "16 Secrets to Obliterate Fat and Look Radiant on Your Wedding Day," please visit <http://www.skinnysexybride.com/free-fat-loss-report/> within the next 7 days.

To download a complimentary wedding checklist with over 75 pages of helpful lists, please visit <http://www.skinnysexybride.com/free-wedding-checklist-timeline/> within the next 7 days.

Skinny Sexy Bride is also featured on the following websites:

Amazon - <http://www.amazon.com/dp/B0082Z6YPK>
Facebook - <http://www.facebook.com/SkinnySexyBride>
Pinterest - <http://pinterest.com/skinnysexybride/>
Twitter - <http://twitter.com/skinnysexybride>
YouTube - <http://www.youtube.com/skinnysexybride>
Google+ - <http://plus.google.com/109474808291397313750/posts>
Squidoo - <http://www.squidoo.com/how-to-lose-weight-for-your-wedding-in-1-hour-per-week>

For other press releases on *Skinny Sexy Bride*, please see:

<http://www.onlineprnews.com/news/328901-1359218208-free-wedding-checklist-for-busy-brides.html>

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