



Diet Secrets to Get You into Your Wedding Dress: How Redbook Magazine Helped me Shed my Baby Weight and Get Back Into My Wedding Dress

Dr. Marcella Wilson

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This booklet will help you learn diet tips on how to get into your wedding dress or shed your baby weight. Dr. Marcella Wilson is a busy mom whose weight ballooned to over 200 pounds after the birth of her children. On a whim, she decided to participate in a weight-loss program sponsored by Redbook magazine. The four-month program challenged 12 women to lose weight and fit back into their wedding dress.

Through working with Redbook magazine, Marcella was able to lose her baby weight and fit back into her wedding dress. In this booklet, she gives you her practical, step-by-step methods of how to drop pounds. Dr. Wilson worked with Gold's Gym, celebrity fitness trainer, Ramona Braganza, and nutritionist, Stephanie Middleberg to craft a weight-loss program that anyone can follow.

Also, included are meal plans, healthy food choices and workouts to help you lose weight faster than you imagined. If you want to lose weight, look great and not feel deprived, this inspirational book is for you.

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Theresa Wilkins:

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