

LAST CHANCE TO SIGN UP!



FITRISE365

Nothing Builds More Confidence Than A **Perky, Sexy Butt** That Looks Great In Jeans

New research¹ reveals that your BOOTY is the key to looking... feeling... and moving younger. I'll show you how to sculpt the booty of your dreams in 15 minutes or less a day!

It's no secret that every woman over 40 wants to look younger... feel younger... MOVE younger.

And honestly, it makes sense.

The expectations on women to somehow stay young and vibrant... even when we're in our 40's, 50's, 60's and beyond... are kind of crazy.

It's like we have nothing better to do but look perfect for everyone else!

That's why every other ad you see online promises you some "revolutionary" new cellulite cream or gadget to automatically make you feel younger and sexier.

But what if I told you that looking, feeling, and moving like you were years younger...

Has nothing to do with the latest exercise gadget...

Has nothing to do with your genes...

Has nothing to do with any cream, ointment, pills, or drink being sold...

What if I told you that the secret lies in...



Your Beautiful Booty!

Let me explain with a quick story...

A few years ago I was hiking in front of my girlfriends, who were all several years younger than me. We'd been climbing Mt. Goliath and I'd been walking in front of them for most of the trip.

A few hours into the hike, I heard them whispering back and forth to each other.

At first I let it go. I figured they saw a cute animal and were trying not to scare it.

But after a few minutes and a few hushed giggles, I turned around and asked why they were whispering to each other.

Carol, who was right behind me, started laughing and said...

"Danette, we can't stop staring at your legs and butt... how do you keep them so smooth and tight?"

I turned around and said with a smirk on my face...

"I know it sounds weird, but it's because I have such a good butt-brain connection".

THAT got a slightly confused laugh from them!

After a moment, I explained to them that if you want to LOOK... FEEL... and MOVE younger... your booty is the key.

A strong booty not only keeps you looking and feeling young, it keeps you moving and functioning like a younger person, even as you get older.

A **STRONG** Booty Is The Gift That Keeps On Giving...

Every woman wants to look like they haven't aged in a decade. A smooth, firm booty that grabs attention is the hallmark of youth and makes you look years younger than

your actual age.

Every woman wants to feel younger than they are. Having a strong booty and thighs adds more spring to your step. It gives you energy as each step feels like you're bouncing on air. And it lets you keep up with the "younger girls" in the gym which inspires confidence and makes you feel like a true goddess.

Every woman wants to move like they did a decade ago. When you correctly strengthen your booty, it takes the stress off vulnerable joints like your hips and knees. It allows you to stay active and hike, bike, ski, and keep up with your kids or younger girlfriends, without being sore for a week afterwards.



The fact is, if you want to stay young...

... if you want to stay active and feel good so you can keep doing what you love, and even get into new things...

... having a weak booty is simply not an option.

In just a moment, I'm going to share my secrets for creating the booty and thighs of your dreams that keeps you active, young, and sexy at the same time.

But first, let me introduce myself just in case you haven't heard of me...



My Name Is **Danette May...**

For decades I've been working with women who are in their 20's all the way up to 90 years old. My #1 goal is not just to help women see results, but feel results so they can live a better life.

While it's true that your **sexiest, curviest butt and naturally slim thighs** can only be achieved by fully activating **ALL THREE booty muscles...**

It also has a lot to do with the foods you eat... how much water you drink, and the level of toxins and inflammation in your body. There are certain foods you can eat that tame inflammation, which is key to slowing down aging AND at the same time... helping to create a **smooth sexy butt and thighs.**

I'll show you some of these **delicious non-inflammatory foods** in a moment, and I'll also show you how to use your BRAIN to build a better booty. These are simple yet powerful movements that do more than doubt duty to shape your body, they make you stronger in less time... and they're **FUN!**

But more importantly, if you know me, you know that I want to help **"The Whole You"** feel better – physically, emotionally, and mentally – because that's the only way to have a body and life that makes you **TRULY HAPPY.**

I've helped hundreds of thousands of women just like you discover how easy and enjoyable it is to **love yourself lean** in my popular 30 Day New You Challenge programs.

I created the 30 Day Booty & Thigh Challenge to show you how building a stronger, sexier booty can change your life – not just in how you look, but more importantly in how you feel, and how you age.

Please note: This is such a specialized program, that I'm only **offering it one time this year!**

The **30 Day Booty & Thigh Challenge** Makes It Easier Than Ever To:

Use your glutes to STAY sexy, active and age gracefully²

Save your knees and back, and pretty up your posture³...*

Learn how your butt ages through each decade, and what you can do to keep it strong and young!

Strengthen your butt and legs *without hurting your knees!**

Lift and reshape your butt in a way that naturally slims and firms your thighs – *without **having to do a ton of lunges or squats!****

Release weight – and cellulite – that’s never budged before...*

KEEP your butt while losing fat...*

Literally scrub the look of cellulite off your booty and thighs (by up to 17%)⁴ for a **smoother, younger look**...*

Activate your “butt-brain connection” so you can think your way to a stronger, curvier booty⁵...*

Discover the single most important skill to develop for a stronger, shapelier body (whether you’re a professional bodybuilder or a total novice)...*

Banish negative mental images and thought patterns, and replace them with a healthy mindset that can set you free for life...*

Enjoy delicious meal plans made with **non-inflammatory, cellulite-reducing foods.**^{6 7}

*Results may vary

This special 30 Day Booty & Thigh Challenge is dedicated to making YOUR booty and thighs the absolute best they can be... *and* in doing so, transforming your body and life in ways you'll be thankful for years later.

I'm going to help you steer clear of common ways people unknowingly age themselves when they don't realize how CRITICAL strong glutes are to aging well.

I know it might be hard to see yourself as an older person, but if you'll commit to building strength **TODAY**, it will make all the difference 20, 30 or 40 years down the road when it comes to carrying out even basic actions such as walking, bending, and just getting out of bed⁸.

Remember this: A stronger body means a longer life, and your booty muscles are THE KEY players in staying in shape and ready for action. Treat your muscles well and they'll treat you well in return.

Ignore them and you'll likely feel aches and pains, and not be able to move as well as you age, especially in the knees, hips, and back.

A Strong Booty Keeps Your **Knees, Low Back, And Posture** In The Comfort Zone

If you have discomfort in your low back, knees, or hips, or have trouble balancing, it could be a sign that your butt is weak.⁹

When your butt isn't strong enough to support you during activities the way it should, you put more work on your legs – which can injure them or other muscles, joints, and ligaments that your legs come in contact with – like your low back and knees. Plus any imbalance like this will affect your posture too.



Since strong glutes are one of the biggest ways to avoid knee, hip, and low back discomfort,¹⁰ we'll be targeting the muscles that tend to get the weakest first, and work our way across all butt and leg muscles – to strengthen and balance everything out.

By the end of 30 days, this can help you feel better and stronger overall, and it can help **turn your booty into a high-performance machine!**

The goal is to create strength, lift, and tone in the glute *without harming your knees... or back... or other body parts...* because muscle and joint discomfort is one of the biggest reasons women stop being active... and thus don't have the strong, healthy, sexy body they want. Or worse, they hurt and start to feel so weak, they become dependent on others.

These are all important reasons to understand how and why...

Healthy, Active Aging Begins In The Butt¹¹



Aside from being your largest muscles, your glutes are also the three most important muscles for **staying active and independent**.

As you get older, the strength and size of your glutes determine how well you can walk, how easily you can climb stairs and navigate uneven surfaces, whether you can get up from a chair or use the bathroom without help.^{12 13}

A 2017 study showed that middle-aged women with back pain had significantly smaller, weaker glutes than similar women without pain. And that's because a person with weaker glutes might rely on her back muscles to lift heavy things, which could lead to back pain... just as a person with a bad back would be less likely to lift anything, leading to smaller, weaker glutes.^{14 15}

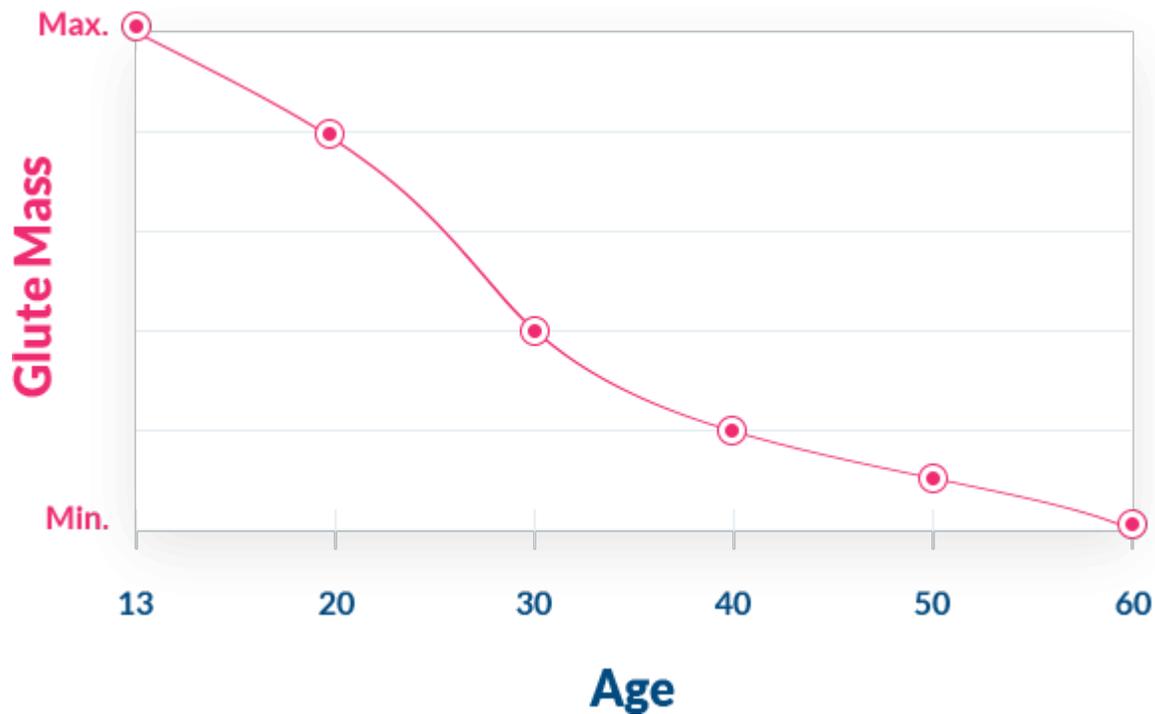
I want to help you stay active and independent as you age, so it helps to know...

How your butt ages through the decades and how to keep it **YOUNG!**

Muscle strength is directly correlated to how you age, since you actually lose muscle mass the older you get, making you progressively weaker, says Barry Sears, MD, anti-aging expert, and president of the non-profit Inflammation Research Foundation.

That's why it's good to know what is happening to the strongest, most important muscles in your body as you age. **It can give you motivation to keep them strong!**

In a recent interview, Dr. Karen E. Boyle of Chesapeake Urology Associates and Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mt. Sinai Hospital outlined how the booty ages with every passing decade¹⁶ ...



AT AGE 13

When you were a teenager, you could sit on the couch all day and still have a cute, perky butt. Fat is at its lowest in your butt at this time, and your muscle tone as firm as it gets, so live it up!

AT AGE 20

Hormones have fully kicked in, adding estrogen to perk up your butt. Plus more fat comes in at this age to add to your womanly-shaped booty. This is the ideal time to get your butt as strong as possible. This will help you kick-butt in your 30s, 40s and beyond, so **get those booty-toning exercises going!**

AT AGE 30

Now you're starting to naturally lose muscle mass and tone – so it's critical to start focusing on butt-specific exercises and really building those glutes up. And just like the skin on your face, the skin and texture of your booty can change too – with a wrinkle here and a droop there – so both exercise and a smart diet are key at this time.

AT AGE 40

The big drop in estrogen at this **age can cause an even bigger drop in your booty**, so now **building glute strength is not an option** if you want a strong, sexy booty that will carry you into your senior years. I'll be teaching specific butt exercises that will shake off the effects of oncoming menopause hormones that can drastically affect your booty.

AT AGE 50

Estrogen levels have definitely fallen by now, and possibly so has your butt... **UNLESS** you take 15 minutes a day to do the fun booty exercises you'll learn in the 30 Day Booty Thigh Challenge.

AT AGE 60

This is when you're REALLY going to see the fruits of your booty-building efforts. As you head into your senior years, it's absolutely positively critical that you keep your booty and thighs strong and agile. Every booty and thigh exercise I'll teach you in this 30 Day Challenge will help you avoid walking, stair climbing, and falling issues, and enable you to get up from a chair with grace and poise well into your Golden Years.

No matter how old you are... losing muscle, your strength, and your feeling of youth, does NOT have to be your destiny. You can increase your strength and build back muscle mass. So don't just sit there! However...

If you're a sitter (and we all are) the **Booty & Thigh Challenge** is especially for you!

Part of staying young is not feeling or moving like you're old!

However as we get older, we seem to spend more time sitting, and many young people sit too much too (think TV, video games, and texting at all hours). Too much sitting can cause you to feel weak, out of balance, and sometimes cause pain. **Seems those are all "getting old" descriptions to me!**

Sitting is like the kiss of death for your booty. It does two main things that I want to help you fix in the 30 Day Booty & Thigh Challenge, to keep you feeling and moving like a young person:

#1 - Sitting shortens your hip flexors, which can cause lower back pain.¹⁷



The hip flexors are the muscles you use when you lift your leg towards your chest, or bend at the waist. And since your hip flexors are connected to your pelvis, which

is connected to your lower back, when you have tight, shortened hip flexors, they'll pull your lower back muscles and cause pain.

So in the 30 Day Booty & Thigh Challenge, we're going to do really simply, super quick and targeted exercises that reverse sitting disease!

#2 - Sitting “deadens” your butt muscles, which can cause imbalance that increases your risk of injury.¹⁸



It's called “**Dead Butt Syndrome**” and it's an actual diagnosis you can get from a doctor when you sit too much. The tightness and weakness sitting causes combine to create imbalance that robs you of feeling a vibrant, stable strength and centering.

The weakening of your butt when you sit too much happens slowly over time, and most of the time you'll have no idea what causes the pain from it.

Keep your booty and thighs **STRONG** and **SEXY** while building a body that you can rely on for the years ahead.... That Keeps On Giving...

When you join the 30 Day Booty & Thigh Challenge, we'll start with beginner butt moves, and then I'll progress you up to intermediate and advanced booty moves, with back-friendly, knee-friendly exercises that are quick and easy.

These exercises can help your posture too. Strong glutes help to stabilize your core to keep your pelvis centered, which then helps to improve your posture.

When you have this kind of strength, you can more easily "power through" your everyday activities without imbalances causing you discomfort... especially ones where you're supporting yourself on one leg at a time as you keep yourself upright. These include everyday activities such as walking and climbing stairs... to more strenuous, adventurous activities like hiking mountains, riding bikes, and playing tennis, golf, or any other sport.



As always, I include modifications for each exercise so that no matter what fitness level or limitations you may have, you can succeed in **not only building your best booty and thighs... but your upper body muscles too.**

Speaking of building your best booty ever... what about the rest of YOU?

If you know me, you know I'm all about helping **"The Whole You" – body, mind, and emotions.**

If you're TRULY going to love your booty and thighs, there's another piece of the body puzzle...

What You **THINK** About Yourself Shapes Your Booty & Thighs Too

It's not just the food you put into your mouth and the exercises you do that give you the booty and thighs of your dreams...

What you **THINK** about your booty and thighs matter just as much.

Long-standing research has shown that... as long as **you *think*** you are overweight or not good enough... then **THAT** will be your reality. ¹⁹

Your **self-image** has a LOT to do with how you see your physical body. ^{20 21}



In other words... you are what you think!

Studies revealed that it's nearly impossible to see the physical body you want, and to feel good in your own skin... when your subconscious mind thinks you're not good enough – even if the mirror actually shows a transformed booty and thighs. ²²

This subconscious part of your brain is where all of your beliefs are held, including the belief of who you are and what your body means to you.

So please hear me on this one...

It's not that you haven't tried, or worked hard or persisted in reaching your body goals...

It's just that when the subconscious mind is **stuck** in a mindset that doesn't **BELIEVE you are beautiful just the way you are** - even when your booty and thighs ACTUALLY DO look better - it's harder to lose weight, and most people will gain even more weight over time.²³

And it's not just me...

Science now shows that when you **release** thoughts and feelings that tell you your booty, your thighs, or any part of you isn't good enough, then you're more likely to succeed in losing weight.²⁴

I know personally from experience just **how powerful a new mindset can be...**

Not too long ago, a simple shift in how I viewed my own "muck" inspired a completely new attitude and way of life for me...

Before I was 30 years old, I had already lost a son during childbirth, suffered through a hard divorce, was left with \$47.63 to my name, and was a scared single mom sleeping on the floor so my children could have the one bed in a tiny apartment.

After months of severe depression and beating myself up with negative stories I was telling myself, I made the decision to fight back. I had to... I was *dying inside*.

I used my inner resistance as fuel to pull myself out of the "muck" I was in, and regain control over my life. That's when I discovered the **mindset** to living a truly successful life.

Luckily the tragic period I experience in my life led me to discover a **unique body, mind, and emotion healing** philosophy of transforming your body not through punishment, but through healing foods, healing movement, and a healing mindset.

I decided to use **my degree in pre-med and nutrition**, and my **14+ years as a certified fitness professional, Pilates instructor, and NASM nutritionist**, to develop unique life-transforming detox, mindset, and fitness programs that have influenced the minds and bodies of hundreds of thousands of men and women all over the world.

Remember this: If you're going to change your weight and how you see your booty, thighs, and every other part of you when you look in the mirror, then you need to **reprogram what you think about yourself**. And that's what I'm here to help you do.

I'm not saying that after 30 days in the Booty & Thigh Challenge you'll have a butt like J.Lo... because you still gotta work with what you were born with...

But I promise you this...

You're going to learn how to **fine-tune the butt** you do have...

with the foods, exercises, and mindset that **maximizes your beauty** (inside and out) so it's the absolute best **YOU** can be.

There's no starving or suffering allowed, and no weight scales either...

You can actually eat delicious food your body craves, and a LOT of it!

You'll see results faster with smarter booty and thigh-shaping movements that don't hurt your knees, protects your low back, and pretties up your posture.²⁵

So you see... this isn't just about looking better, it's about feeling better too... with easy-to-do 15-minute **exercises that improve your body's structure**. Yes, these exercises are going to help you look better, but they're designed to help you stay strong, stable, and walking tall with confidence too.

PLUS! You'll learn how to smooth the skin on your booty and thighs by reducing cellulite... *in just 30 days*.

First, I want to make it clear that, contrary to the way it might feel sometimes... cellulite is NOT a disease!

And since 9 out of 10 women have cellulite, this condition doesn't make you "different."
But doing something about it does!

And, it's interesting to learn that...

Cellulite is a modern **women's "problem"**

In the early 1900's, cellulite was the mark of luxury, of wealth, high social status, attractiveness, and can you believe... sexiness!

Having cellulite on your body was proof that you lived "the good life" – a sign you devoured richer foods, that you were chauffeured around, and physical work was done by servants.²⁶

Today we don't feel this way. The media and airbrushed models have skewed what is "normal" and natural for women to look like, so I'm going to help you **reprogram these toxic stigmas and beliefs**

Having a healthy mindset about your body is as important as ever today. Everywhere you look... every app... social media platform... and camera... has "built-in filters." So in reality, we have no clue what REAL beauty looks like anymore.

But the one thing we can't "filter away" is the reflection in the mirror... walking down the beach... and being "exposed" for our truth.

So to women everywhere, I have good news...

You can shrink cellulite and you can also **create your own "beauty filter"** that works without batteries.

It **IS** Possible To Shrink Cellulite!

Cellulite has plagued so many women for so long, you might think there's nothing you can do about it, especially if you tried a lot of other things...

But nothing could be farther from **the truth!** There are highly effective ways to reduce cellulite that work extremely well.

Now don't go thinking that this can't work for YOU because we're no different from each other... If I can do it, and all the other women I've helped can do it, so can you.



The DIFFERENCE is knowing what to do to reduce the look of it as much as possible. There are definitely some really key things you can do that make a huge difference, plus a ton of little things that add up to dramatically change the look of dimply skin.. and I'm going to show you everything you need to know to see your best butt and thighs.

I'll be honest that you can't totally eliminate cellulite. However YOU CAN shrink the fat stores in your cells to reduce the appearance of cellulite and smooth out the skin.²⁷

And the good news is...

Reducing cellulite **isn't complicated** and **doesn't take long!**

You see, cellulite is just a fat cell that grew bigger by continuing to store fat... and what I've found is that reducing the amount of fat inside a fat cell has to do with the PRESSURE you put on it.

This includes putting pressure on fat cells from the INSIDE... and from the OUTSIDE. I'm going to show you how to do both at the same time you can help release your stubborn cellulite.

This inside/outside pressure on cellulite can be exerted from a combination of doing highly-targeted exercises, eating non-inflammatory foods, and applying an external scrub I'll tell you about in a moment.

When you combine all of these very effective cellulite-reducing strategies...

Even the most *stubborn cellulite* doesn't stand a chance!

Aside from blasting cellulite right outta those fat cells, I'm also going to help you...

Make The Most Of Your Booty... **The Most Important Muscles In Your Body!**

Your booty does much more than give you a cushie tushie to sit on...

Your booty houses the **biggest** muscles in your body...



BUT... (pun intended)...

They're also the **laziest** muscles in your body.

The glute muscles don't mean to be lazy, but unless you consciously "tell them" to do more, they won't!

The truth is... **most people's glute muscles are only half engaging**, if that, even when they're exercising! It happens when the mind and the muscles aren't fully connecting.

You may not feel it, but glutes often remain "inactive" or "switched off." Inactive glutes can easily become weak... and that can cause poor posture, lower back pain, balance problems, lack of strength, muscle pain, and more risk of injury.²⁸

These are some really important reasons to pay attention to the strength of your booty. Getting your glutes stronger isn't just smart for your overall health, but also because...

A Strong Booty Is A Sexy Booty...

You have THREE big glute muscles: the gluteus maximus, gluteus medius and gluteus minimus.

The trick to turning these glute muscles into a **firm curvy booty** is to **strengthen ALL THREE glute muscles synergistically – at the same time.**

Squats only focus on the gluteus maximus, and so they leave out the other two butt muscles, which makes for a partially weak, imbalanced behind. To build your whole booty for optimal look, strength, and proper function, you need to do the well-rounded exercises I'll show you.

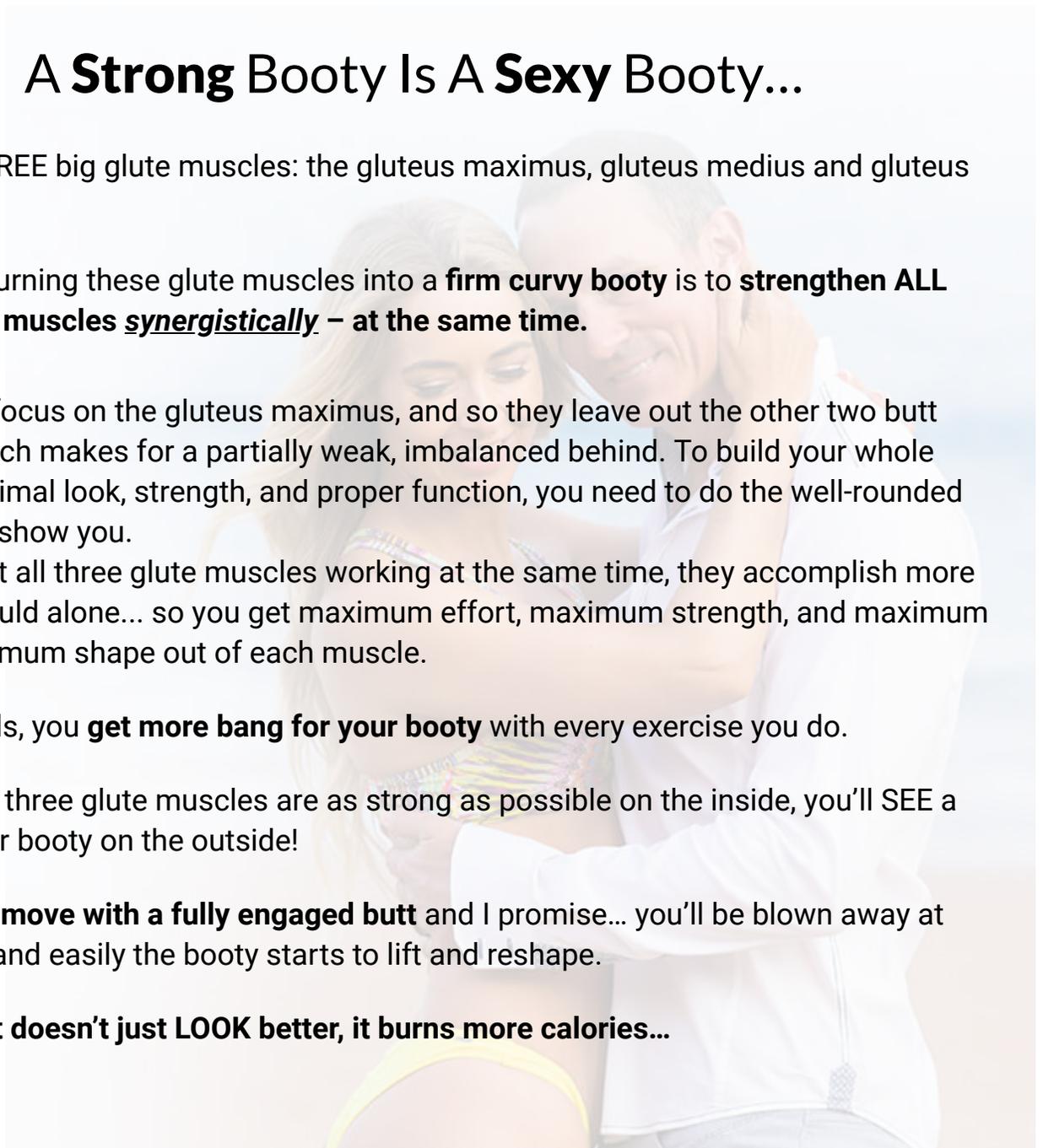
When you get all three glute muscles working at the same time, they accomplish more than each could alone... so you get maximum effort, maximum strength, and maximum lift, and maximum shape out of each muscle.

In other words, you **get more bang for your booty** with every exercise you do.

And when all three glute muscles are as strong as possible on the inside, you'll SEE a perkier, sexier booty on the outside!

Just learn to **move with a fully engaged butt** and I promise... you'll be blown away at how quickly and easily the booty starts to lift and reshape.

A strong butt doesn't just LOOK better, it burns more calories...



Since your glutes are the largest muscle groups in your body, they give you an extra-cool benefit that when you fully engage them, they torch serious calories.

And there's another reason to learn how to move your booty to the max. It's because...

A Weak Butt **“Falls Down”** and **Flattens Out**, Like A...



A big reason why a booty goes flat (and flabby) is because weak glutes lose their muscle mass and shape, and literally “fall down.”

Weak glute muscles that go soft on you also fall down on their job. They don't carry the workload they're supposed to, and so other muscle groups have to pick up the slack...

Now here's where it gets really interesting...

There's a relationship between your butt and thighs when it comes to who's doing what. And what you might not know is...

A **Lazy** Butt Creates **Bigger** Thighs...

When weak glutes don't work to their full capacity, the next largest group of muscles - your quadriceps on the top of your thighs - have to take over and overcompensate for a “lazy butt.”

As your quad muscles take on this extra workload, the thighs bulk up and can start to look “thick.”



Not understanding this relationship between the booty and thighs is one of the reasons so *many women* come to me asking:

Why is my butt getting weaker and flatter and flabbier, and my thighs are getting bigger, when all I do is work out?!

The KEY to a cute perky butt and shapely thighs is learning how to fully engage and strengthen your glute muscles, so your quads can stop working so hard... and the thighs can then naturally start to slim down.

And here's the best part...

Your butt can change shape faster and easier when you optimize...

The **Butt-Brain** Connection

Your brain is the master conductor of every muscle in your body. When it sends a signal, your muscles spring to action.

Not so fast says the latest science!



... because now we know these signals can get **short-circuited from misuse, disuse, and non-use.**²⁹

When this happens, glute muscles can often remain “inactive” or “switched off” – and in time these inactive glutes can easily become weak.³⁰

That’s why I’m going to teach you how to use your ***mind-muscle connection***...

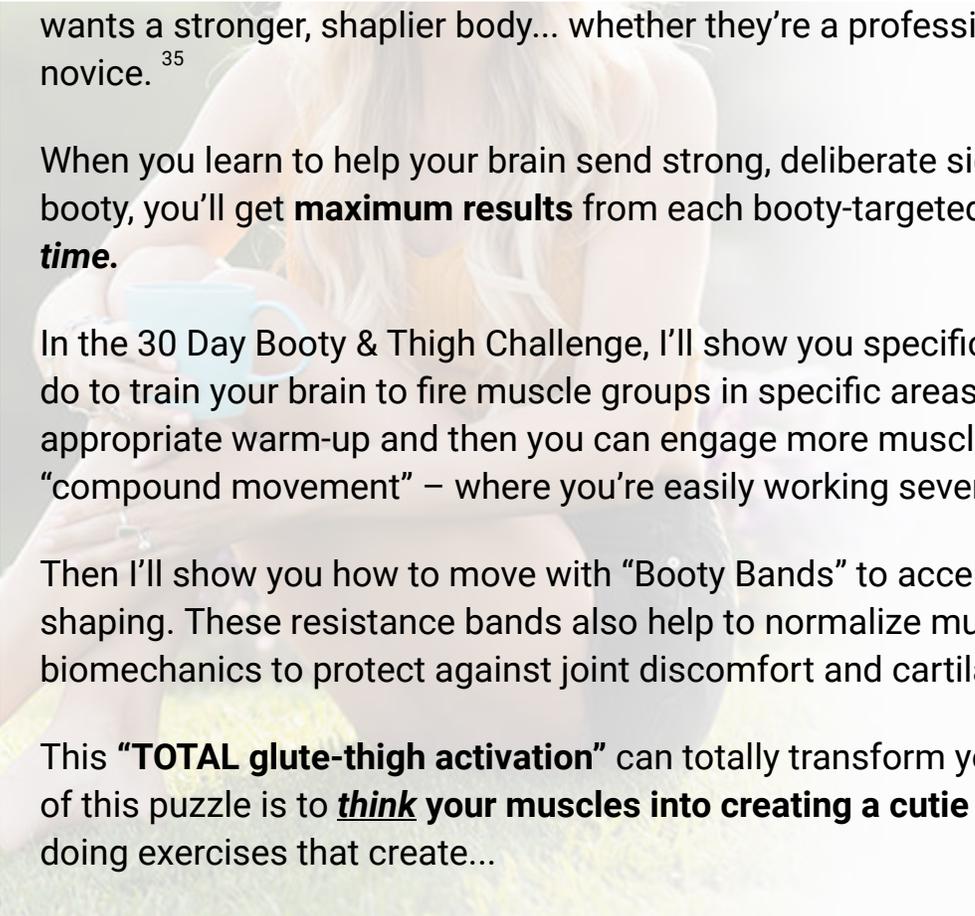
...to WAKE UP your booty and get her back on the job of strengthening and re-balancing!

The signals that connect all three glute muscles to your brain are real, backed by real science.^{31 32 33}

Groundbreaking research shows that your overall health depends as much on signals sent by the body's large muscles to the brain, as it does on directives from the brain to the muscles.³⁴

Optimizing these signals can make a **HUGE DIFFERENCE** in re-shaping your booty and thighs, and *fast!*

Most high-level professional trainers, coaches, therapists, and athletes agree that the mind-muscle connection is **the single most important skill to develop** for anyone who



wants a stronger, shapelier body... whether they're a professional bodybuilder or total novice.³⁵

When you learn to help your brain send strong, deliberate signals that **fully engage** your booty, you'll get **maximum results** from each booty-targeted exercise you do, **in less time**.

In the 30 Day Booty & Thigh Challenge, I'll show you specific warm-up exercises you can do to train your brain to fire muscle groups in specific areas of your body. You do the appropriate warm-up and then you can engage more muscle groups with each "compound movement" – where you're easily working several muscles at one time.

Then I'll show you how to move with "Booty Bands" to accelerate your firming and shaping. These resistance bands also help to normalize muscle firing patterns and joint biomechanics to protect against joint discomfort and cartilage wear and tear.³⁶

This "**TOTAL glute-thigh activation**" can totally transform your progress... because part of this puzzle is to **think your muscles into creating a cutie booty** and slim thighs, by doing exercises that create...

A "Whole Butt" Transformation - **Without Hurting Your Knees!**

Maybe you've tried exercises or other programs that focus on strengthening your butt before.



Problem is... the first thing people are told to do is squats and lunges... *and a LOT of them!*

It doesn't take long for these big, deep movements to start putting too much pressure and force on your knees... and then what? You start to hurt and lose interest, and your plans for a strong sexy booty get left *behind*.

I promise you that this program will be RADICALLY DIFFERENT...

First of all... we're going to have a lot of **FUN!**

And second... I'm going to teach you how to develop a stronger, firmer, curvier butt, and help slim down your thighs - *WITHOUT DOING A TON OF SQUATS OR LUNGES!*

So now, you can have the booty of your dreams... *WITHOUT HURTING YOUR KNEES!*

The exercises in this 30 Day Challenge **do more than double duty for your booty...**

...so you don't need to do a bunch of fancy or difficult exercises to get the butt you want.

I'll show you how to activate and strengthen the individual fibers inside the "main belly" of all three glute muscles, and your thigh muscles – **with easy movements that only take about 15 minutes a day.**

We're going to go **s-l-o-w and steady** making nice fluid movements... because using momentum (faster movements) means that you're not recruiting all of your muscle fibers, and faster can make jerky movements that may cause injury.

This program is quick and very effective because you'll be moving multiple muscle groups *synergistically* to **firm up several areas at the same time...**

An individual muscle can be made up of hundreds, or even thousands, of **muscle fibers** bundled together ³⁷ ...

...so when you focus on working all of these muscles fibers at one time, your results become exponential compared to only working one or just a few.

PLUS you'll burn more fat with each movement!

Even though we're targeting the glute muscles in this program, the exercises also work your quads, hamstrings, and abs at the same time... so you rev up your body for **maximum fat-burning** and quicker results!

And there are even more reasons the Booty & Thigh Challenge is so important to do...

I'm also here to help you understand...

The **hidden reason** why it's so easy to see fat grow, and so hard to see it shrink ^{38 39}

We've come a long way in understanding the science of fat. Today we know there's a hidden reason why it's so easy to see fat grow, and so hard to see it shrink.

INFLAMMATION.

The good news is that there's something very easy you can do to calm the "fattening effect" of inflammation...

You can eat NON-INFLAMMATORY foods that actually shrink fat cells! ^{40 41}

Here are 3 good reasons why I purposely designed each meal plan on the Booty & Thigh Challenge to include only non-inflammatory foods:

#1 - Inflammation can make (and KEEP) you gaining weight⁴²



Inflammation actually *starts* in your fat cells⁴³ ...

This inflammation expands fat cells like an overfilled water balloon, making them appear “puffy” and larger than they really are.

Sound familiar? Sounds like cellulite to me!

When you eat non-inflammatory foods, it’s **like letting the air out of a big balloon...**

Instead of puffing up fat cells, you take the expanding “pressure” off fat cells so they “deflate” and shrink down in size.

#2 - Inflammation prevents fat from breaking down⁴⁴



Inflammation creates insulin resistance. This is bad because insulin gets in the way of both your body's ability to break down fat within your cells AND insulin also triggers the creation of additional body fat. ^{45 46}

Eating non-inflammatory foods helps to keep insulin levels healthy so your body can break down more fat, more easily. ⁴⁷

#3 - Inflammation makes you HUNGRY, even if you're eating "clean!"



Inflammation makes you HUNGRY by causing your brain to become resistant to leptin. ⁴⁸ Leptin is a hormone that helps regulate your appetite and metabolism.

When leptin is present, you simply don't get hungry. However when there is excess fat in the body, this fat secretes MORE leptin than your cells can handle, and your brain stops receiving leptin... and without leptin, you get hungry!

In addition, cellulite “pops up” more with dehydration, decreased blood flow, and toxin build-up. ⁴⁹

So we’re going to eat A LOT of non-inflammatory foods, drink plenty of refreshing “flavored” water, and get our bodies moving on the Booty & Thigh Challenge to:

- 1) Enable your body to break down more fat, more easily...
- 2) Deflate fat cells...
- 3) Help your body naturally detox...
- 4) Increase blood flow
- 5) Keep you from feeling hungry!

Lucky for us... non-inflammatory foods are **absolutely, positively DELICIOUS...**

AND... non-inflammatory foods have **healing power.**

Delicious non-inflammatory foods turn mealtime into **“Heal”** time!

Below are just a few examples of what you’ll be eating on the 30 Day Booty & Thigh Challenge...

When it comes to food, I’ll be giving you clear direction, so all you need to do is stock your pantry and refrigerator with your favorites among this pre-approved list, and then...

Eat your heart out – up to 6 times a day!

You’ll be chowing down on meals like...



**SCRUMPTIOUS EGGS AND
AVOCADO ON TOAST...**



**LETTUCE-WRAPPED BAKED
BURGER & SWEET POTATO**





**OLIVE OIL & LEMON DRIZZLED
GREEK SALAD**



PEANUT BUTTER BITES





**GROUND TURKEY WITH WARM
FRUIT**



CHICKEN BASIL STIR FRY

Along with giving you delicious, non-inflammatory meal plans every day for 30 days, I'm also going to give you the best recipe for a...

Cellulite Scrub That **Smooths The Booty and Thighs!**

Now you can pamper yourself with the best "morning coffee" ever!

Special for this Booty & Thigh Challenge... I'm giving you a Coffee Cellulite Scrub recipe that turns your shower into a health spa!

Now you can literally scrub the look of cellulite off your booty and thighs – for a smoother, younger look!

You don't need a coffee maker or to be a coffee drinker to smooth the appearance of cellulite with this coffee-based scrub. Walk into any Starbucks and ask for their used coffee grounds. They'll give them to you free! Or if you make your own coffee at home, use those grounds.

The powerful superfoods in this scrub, which include coffee grounds and turmeric, plus two other superfoods, can help:

Lessen the appearance of cellulite by 17%*⁵⁰

Smooth patchy skin tone*^{51 52}

Create a **bright, smooth, healthy** look by invigorating the deeper layers of skin and sloughing off dead skin cells*⁵³

Tighten the skin, including dimpled skin on the butt, thighs, and stomach*⁵⁴

*Results may vary

And it isn't just me saying **THIS WORKS...**

A study reported in the Journal of Cosmetic Dermatology found that **coffee reduces cellulite by 17%!**⁵⁵

It does it by stimulating lipolytic activity that stimulates the **chemical breakdown of fat.**

When looking at both the size and the number of fatty cells after coffee was applied, scientists saw that it reduced the look and size of the fatty cells and fatty tissue by 17%.⁵⁶

Can you say... **Hallelujah!!!**

The study also found that coffee scrubs made with gels or salts were not effective... and yet there are a lot of coffee scrubs on the market made with these two ingredients.

When you join the Booty & Thigh Challenge, you get a coffee scrub recipe with **the most effective natural ingredients.**

It's FUN to make in your own kitchen, and cost next to nothing to make a big batch that lasts a long time.

I promise you'll be amazed by how *quickly* it can help smooth the appearance of cellulite.

So what do you think? Are you ready for a smooth, firm, young-looking booty... and slim, smooth thighs?!

You're Invited To The **30 Day Booty & Thigh Challenge!**

You're invited to beautify your booty and slim down your thighs for 30 days, and shrink fat cells with non-inflammatory foods, AND get my cellulite scrub recipe to help shrink cellulite as they cleanse and energize your whole body.

This program is designed so you won't get overwhelmed or clobbered with too much information. The entire program is not only very doable, but is perfectly paced and flexible, even for the busiest woman.

Each week you'll get exactly what you need to do and eat for just that week. That way, you don't get stressed because I'm giving you the "baby steps" one day at a time, for 30 days.

Here's What's Included:

Weekly Non-Inflammatory Meal Plans



Every week I'll email you 7 days worth of non-inflammatory food menus that support fat reduction and optimal health. By the end of 30 days, you'll have 4 full weeks of delicious, cellulite-busting meals plans. Plus you're going to learn how to cook the healthy, non-inflammatory way so you can continue to supercharge your health and beauty for the rest of your life.

Get prepared to be satisfied! You're going to EAT A LOT OF FOOD that your body naturally craves!!

No starving allowed here! In fact, you'll even get to eat **chocolate!** And because we're all busy and not everyone likes or can eat the same foods... each meal plan is **flexible**. You'll also get my popular "meal swap" list that makes every meal... a meal you like. Plus, new for this Booty & Thigh Challenge, you'll get a **Bonus Dining Out Guide** - so you know exactly what to order from most menus and still keep your body healthy.

Weekly Healing Movement Routines



Each week for 30 days you'll get new movement routines that are designed to quickly shape and tone your booty and thighs (and the rest of you) in a **gentle, loving** way... instead of beating yourself up at a gym. Each day you'll spend about 15 minutes moving in the comfort of your own home. I'm confident these movements will make you FEEL SO GOOD, you'll want to keep exercising, which is critical for lifelong health and wellness!

Weekly Healing Meditations



Each week, for 30 days, you'll get a 5-minute meditation that will relax and calm your mind as it helps reprogram negative, self-defeating thoughts that are literally weighing you down – physically, mentally, and emotionally. You'll discover the

science behind how these healing thoughts alone can **help you truly love your booty and thighs**, and more importantly, completely change your life.

Private Support Group



The 30 Day Booty & Thigh Challenge comes with a built-in community of thousands of women who will be on this journey with you, so you'll never be alone.

These are your sisters... a unique group of women who share your pain and your dreams... and who all share the same desire to become the person each of us is truly meant to be.

I know of no other place where, no matter where you live, where you'll meet so many sisters who have your back... and so many mentors who've been there before you and will be there for you now, night and day, all 30 days.

The support you'll receive and the friendships you'll develop in our community is **priceless**. This support makes all the difference in your success and the experience you'll have throughout this 30-day personal journey. My goal is to make this **the best personal journey you'll ever experience**.

Of course I'll be with you too... giving you the loving support you need to succeed, because **it's true that it's easier to succeed when you're not feeling alone.**

FREE Gift #1: Cellulite Scrub Recipe



When you join the Booty & Thigh Challenge, you'll get a cellulite scrub recipe that contains the most effective natural ingredients. Use it every day in your shower to **literally scrub the look of cellulite off your booty and thighs for a smoother, younger look!**

The powerful superfoods in this scrub, including coffee grounds and turmeric, plus two other superfoods, can help reduce the appearance of cellulite by as much as 17%.⁵⁷

FREE Gift #2: Dining Out Guide



The Dining Out Guide makes it easier to choose foods from restaurant menus that support a sexy booty and thighs, and **lifelong health**.

This simple, convenient guide can be downloaded to your smart phone for quick and easy access to lists and tips to enjoy dining out – without overindulging and filling up fat cells!

ENHANCE YOUR RESULTS!With Danette's Personal Booty Bands*

OPTIONAL BUT
RECOMMENDED



*Additional Purchase Required

Special to the 30 Day Booty & Thigh Challenge is the option of using a “Booty Band” during the last half of the exercises I’ll be guiding you through.

These are my favorite resistance bands that I use everyday in my own workouts because they increase the intensity and accelerate the effectiveness of each workout without making the exercises harder. They also help to change up the workouts so you can work more areas differently, in less time.

Plus it makes doing these exercises even more **FUN!**

You don’t have to use the band to see results, but the band will add more intensity and variety to your workout. If you choose not to get one, I’ll show you what to do and you’ll still see results. You’ll have the opportunity to order a Booty Band when you **click to join the 30 Day Booty & Thigh Challenge below.**

This is the **best program** I’ve ever created...

I believe this special 30 Day Challenge is the best program I’ve ever created. It’s designed to teach you how to **transform** THE WHOLE YOU – your body, mind, and emotions – with special focus on creating the booty and thighs of your dreams.

The meal plans, exercises, and meditations give you everything you need to lead a healthy lifestyle that's easily sustainable, because at no time are you starving or suffering. It's my #1 goal to help you not only look better, but feel better every single day.

My hope for you is that you'll look in the mirror after 30 days, and smile, because you truly do love your booty and thighs. I hope the way you feel in your own skin and the positive outlook you have becomes your new measure of success!

So when you think about it...

You really can't put a price on this type of transformation. It's something that can carry you forward and keep you on the path to better health and genuine happiness for many years to come.

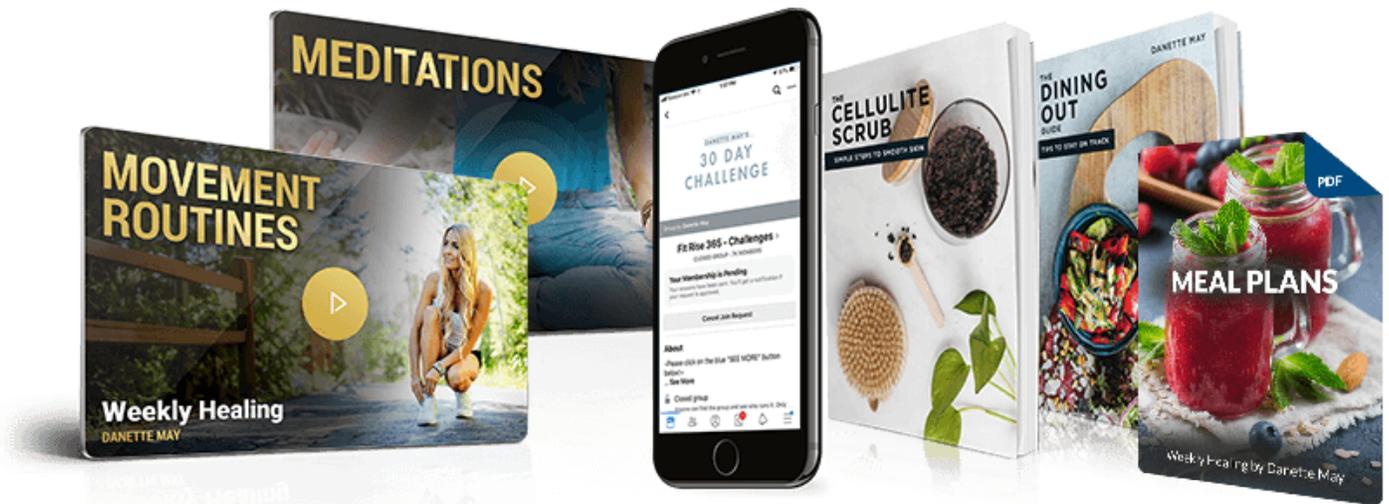
You get EVERYTHING you need to get started for the next 30 days – everything is laid out for you, all you have to do is follow the steps.

Now, the total value of this program is \$375.

But you won't be paying ANYWHERE near that when you join!

For a limited time only, the 30 Day Booty & Thigh Challenge is discounted to \$89, but if you **JOIN NOW** you can get in for...

Only \$47!



YES! I WANT TO JOIN THE
30 Day Booty & Thigh Challenge!
(<https://thefitrise.com/go/bootythigh/>)

And if you still don't feel quite ready to make the decision then you have my money-back guarantee...

The 30 Day Booty & Thigh Challenge Comes with a Complete, 30-Day Money-Back Guarantee!

I know you're going to love this program. But you have to try it for yourself before you agree. Try the 30 Day Booty & Thigh Challenge, and if you're not convinced this is the transformation you were looking for, if you see NO change in an entire month, I will give you your money back.

If, within 30 days of purchasing, you're not 100% satisfied that you look better, feel better, and have a whole new perspective on food and healthy living, and of course your booty and thighs... if your friends and family don't notice the amazing changes happening and how vibrant, happy, and healthy you look... I will refund your money. No questions asked. I'm THAT confident this program works!



Danette May
Danette May



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