



Tone It Up: 28 Days to Fit, Fierce, and Fabulous

Karena Dawn, Katrina Scott

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Are you ready to sweat, tone, nourish, and empower your way to your fittest, fiercest, most fabulous body and life?

Katrina Scott and Karena Dawn, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting in shape. To them, being fit isn't just about looking smokin' hot in a bikini, but a whole-body, whole-life way of being that starts with respecting your body and taking care of your beautiful, amazing self, inside and out. With their 28-day program that incorporates brand-new fitness routines, delicious recipes, and mental and spiritual practices, you'll transform your body, your attitude, and your life to bring out the gorgeous goddess within you! In just 28 days, Katrina and Karena will help you get:

- **FIT.** With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, you'll be on your way to the strong, sexy body you're after.
- **FIERCE.** You'll align your mind and body through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside your comfort zone.
- **FABULOUS.** This is the fun stuff: beauty, friendship, inspiration, joy, and all the things to give you that unmistakable glow so you radiate from the inside out!

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