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Designed to help you lose weight and optimize your health, The Spark Solution is a dynamic, comprehensive, and proven program. With an introduction by Chris Downie, founder and CEO of SparkPeople, this day-by-day guide combines the latest data and strategies on nutrition, incredibly delicious recipes, and essential workouts.

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The Spark Solution workout plan combines cardio and strength training, alternating each day for six days with one day dedicated to rest. During the first week, you will perform 20-30 minutes of cardio during your cardio workouts, increasing to 30-45 minutes during the second week.

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The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health. From the experts behind the "New York Times"-bestseller "The Spark" and the creators of SparkPeople.com comes "The Spark Solution," a breakthrough two-week diet program to help readers lose weight and optimize their health.

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About the Book - The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health by Meg Galvin, Stephanie Romine, Becky Hand Hardcover Book, 256 pages

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success, The Spark Solution is built around three key components scientifically proven to deliver results in just two weeks. The program is packed with metabolism boosters—from the frequency with which and amounts you're eating to the types of workouts you're doing.

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