

MEDIA RELEASE

TWO-MINUTE MOVES

BY LIZZY WILLIAMSON



Fitness guru and speaker, Lizzy Williamson has spent over a decade helping women to get their bodies, energy and confidence back. Sharing her creative exercise videos with thousands of women across the country, Lizzy NOW releases her first book, Two Minute Moves.

Two Minute Moves is an all-in-one guide to getting the most out of your day to achieve your goals. The book features over 80 simple exercises presented as two minute bursts of movement, that fit seamlessly into anyone's daily routine – whether you're hanging out the washing, brushing your teeth or even binge-watching Netflix – so we can shed ourselves of excuses while shedding off kilos.

What sets Two Minute Moves apart from other fitness books is Lizzy's refreshing and down-to-earth voice. Along with her signature moves, useful tips and simple (yet delicious and nutritious!) recipes, Lizzy shares her compelling personal story of hitting 'rock bottom' and overcoming depression through the joy of movement.

Lizzy's pours her heart onto the pages of her book to encourage readers to stop stretching themselves too thin and truly take care of themselves. Lizzy presents balanced advice to transforming one's lifestyle through the mind, body and soul. Complementing her exercises with mindfulness techniques, meditation and mantras, Lizzy arms readers with the tools required to help them find balance and start embracing all aspects of their lives.

Two Minute Moves is a fitness book that embraces the joy of exercise and backs it up with a holistic approach to health and wellness. It is the ultimate guide to stopping the excuses and reaping the benefits of a happier, healthier, more confident life.

"Learning to love your body, keep your sanity and live your best self is attainable," says Lizzy, "It starts with two minutes."

ABOUT THE AUTHOR:

Lizzy Williamson is a certified Personal Trainer, Integrative Nutrition Health Coach, Presenter, Speaker and contributor to contributor to MindBodyGreen, BubHub, BellaMumma and more. Her workouts have been featured in Lorna Jane's YouTube channel, news.com.au, as well as many other popular online publications, programs and blogs. Her Two Minute Workouts are shared each week for free to thousands of women who have become part of her ever-growing community. She has also appeared on stage to speak and encourage audience to get out of their chairs and start moving, at Mum Society, Golden Door, Mama Creatives and Team Women Australia.