

Fitness Secrets From the Hottest Bodies in the Valley

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EXTRA EXTRA!

AzFoothills.com, the authority for luxury and lifestyle in Arizona, continues to be innovative with its newest addition to the Fitness section by writer Alison Young.

Have you ever worked out in the gym striving for that swimsuit ready body you have always desired only to look across the gym and see one of those amazing bodies you have always wanted? You cannot help but wonder what the secret is behind that "Hot Bod" you just spotted.

AzFoothills.com will now find these fitness gurus and will feature them twice a month in this newest section, "Hot Body Secrets", revealing all of their secrets behind their fitness, nutrition, and motivation.

AZ Foothills will highlight these fit individuals who provide inspiration to all onlookers and are the envy of all Arizonan's in the gym. With exclusive insights only available on AzFoothills.com, you will learn how to find the right workout for you, how to tame trouble spots, how to stay motivated, how to eat healthy, and how to avoid overeating from the fittest of the fittest in the Valley.

To see "Hot Body Secrets" newest article go to: arizonafoothillsmagazine.com/fitness/profiles/hot-body-secrets-taylor-wright-johnson/