

# Emma Willis' Workout With The Davina McCall Fitness App

Davina McCall Fitness is a DVD fitness program. It was created by Davina, her partner. It is intended to help her achieve her fitness goals. She does these goals with the help of a guide and workout videos. The DVDs have been carefully selected to help her reach her goals. Below is an overview of the contents of each DVD.

In the first disc of this DVD, titled *My Body Image*, Davina explains how she got started in her journey to better fitness. She tells of her childhood experiences of being overweight and always feeling unattractive. She attributes this trend to being influenced by her mother's view on beauty. When she was young, her mother would make fun of her for having no real body. Even today, she still feels embarrassed about her physical appearance; she states that she used to suffer from low self-esteem.

In the second disc of this DVD, titled *Big Brother: The Movie*, she shares her views on living with a partner and being a household with a child. She also gives details of her experience in *Big Brother*. At the end of the disc, she states that she would like to take a year off and start a new life as a single parent. In the last disc of this DVD, titled *Staying Fit - An Introduction*, Davina shares her views on the importance of sport relief, comparing it with the stress of daily home maintenance. This DVD will certainly give you an insight into the life of a professional athlete who resides in the United Kingdom.

The third disc of this DVD, titled *Staying Fit - A Beginners Guide*, is intended for people who have a general interest in health and fitness, but don't feel as if they can achieve their fitness goals. It gives detailed information on fitness, including how to get started with your own exercise program, when to do it, what to do, and when to rest between workouts. As the name implies, this disc provides a beginners' guide to fitness with its focus on targeting those with a general level of fitness. Goals Davina McCall includes some great diet tips such as eating five servings of fruits and/or vegetables per day, and drinking at least 8 glasses of water per day. It also offers tips on maintaining a healthy weight through proper diet and exercise.

The fourth disc of this DVD entitled *Staying Fit - A Beginning*, features information on how to prepare for your first few weeks at home. It goes over the important items needed such as clothing, personal hygiene products, exercise gear, and all the food you need to prepare for the holidays. As Davina mentions in her movie, she had her first experience at home early in the year, which left her feeling apprehensive about starting her own home fitness program. This DVD covers the basics of home exercise and gives women a great place to start. As with the other discs, it covers the basics of fitness and Davina's story of how she began her exercise and nutrition plan.

The fifth disc of the DVD titled *Staying Fit - A Beginner's Guide to Fitness*, is scheduled to be released on December 25th. The exact release date has not been announced yet. According to the movie's official website, the DVD will be available for sale online on December 25th.

Prior to being released, the DVD may undergo some changes before being released, most likely in the form of extra footage or bonus features. I'm not sure if anything will be added on to the actual disc: I'll have to wait and see.



One of the reasons I like the davina fitness app so much is that it seems very sincere in teaching women's basic nutrition and exercise routines. The portions are not huge, but they give you a good idea of what to expect if you want to become fit like Emma Willis. The tone of the program is professional and the message is clear - if you want to get bigger and slimmer, you need to watch what you eat.

If you're looking for an effective workout program that won't require you to invest lots of money and go to the gym, the davina fitness app is your best option. If Emma Willis can do it, so can you. You will need to be patient and determined though. The program has been used by thousands of people and many have gained massive weight and lean muscles. Now it's your turn. top 10 workout dvds