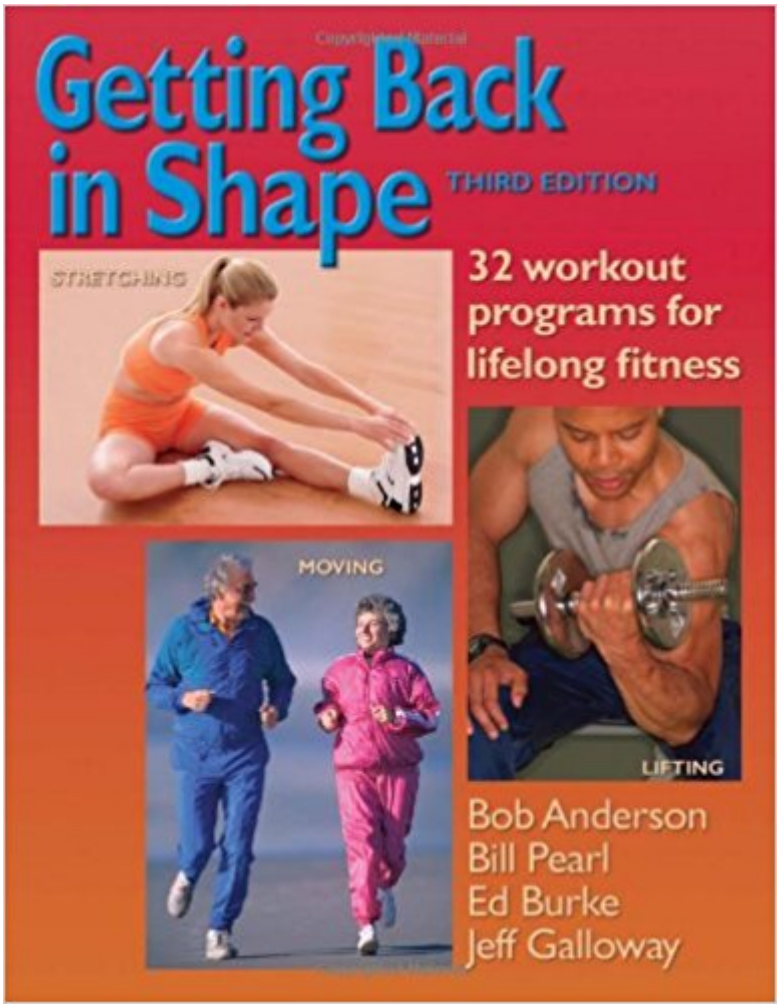
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Getting Back In Shape: 32 Workout Programs For Lifelong Fitness



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Synopsis

With an epidemic of obesity and heart disease and diabetes on the rise, Americans need simple, compelling strategies for getting in shape more than ever. This practical guide answers that need with advice from four experts: Mr. Universe Bill Pearl (weight training); Stretching author Bob Anderson (stretching); Olympic cyclist Ed Burke (aerobic exercise); and Olympic runner Jeff Galoway (how to run off fat). Part One features 32 exercise programs of stretching, lifting, and moving, customizable for readersâ ™ health considerations, schedule, and level of commitment. It also covers injuries and other health problems. Part Two discusses healthy eating, exercise during pregnancy, and ergonomics, and gives advice about choosing a gym. This edition includes new information on beginning running, and how to lose weight by running, by Jeff Galloway. In addition to the programs, 100 pages of the book are devoted to teaching basic information about the body, how it works, healthy eating, and how exercise benefits health.

Book Information

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Customer Reviews

This book has everything you'd ever need to know about getting back in shape - even if you are currently very inactive. It has a very, very easy beginner's "pre-program program" for people who are severely out of shape. It consists of only a few minutes a day and is mostly stretching with a little movement. I love that the author realizes that there are those of us who can't start with 15-20 mins of exercise a day. Most programs assume you're already in decent shape, but not this one... Yet it also contains much more challenging workouts geared towards a variety of ailments and recovery

programs.

This book is so fun. Each of the workouts has little illustrations of the exercises that you can color as you master the workout. It starts with very very easy workouts and goes on to challenging intense workouts. This is sort of a C25K for strength training. Great book!

After reading several reviews, I decided to buy the book--what the heck! Man ! I am amazed with the variety of programs described step by step. I now fell much more motivated and confident to go to the gym and start my exercising sets on my own. With all due respect to personal trainers, this book is a very comprehensive guide in simple and plain language. I strongly recommend it.

Received in great shape

This is a gem, both basic and comprehensive, with clear illustrations. Step by step, day by day, week by week. I have been struggling for some time with working into reasonable shape to try to protect my heart from further problems, but aerobic exercise alone has not been enough. This is a trainer in a book, and I can use it at my own pace because it’s VERY useable. You can easily copy a page a week out and carry it with you. I took it out of the library first to check it out and was hooked.

A great book for an overall general fitness enthusiast who is looking for basic information or simple guidelines on how to achieve a healthy lifestyle.

I had to start working out after I discovered I had diabetes. This has helped me loss 35 pounds in 5 months.

There must be better books addressing this need. This is disappointing hodge-podge of a book. There is nothing cohesive or innovative about it. It just collects a lot of basic, common-sense information, all available elsewhere, into a cheaply produced volume. The "authors" are supposedly three athletes and an academic, an exercise physiologist involved in training collegiate athletes. I’m not convinced that there is anything about being an athlete, or coaching them, that prepares you to train non-athletes. That said, I am using the book, for now. I suggest you look elsewhere.

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