



Getting Back in Shape: 32 Workout Programs for Lifelong Fitness

Bob Anderson, Bill Pearl, Ed Burke, Jeff Galloway

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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 Galloway (how to run off fat). Part One features 32 exercise programs of stretching, lifting, and moving, customizable for readers' 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.

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