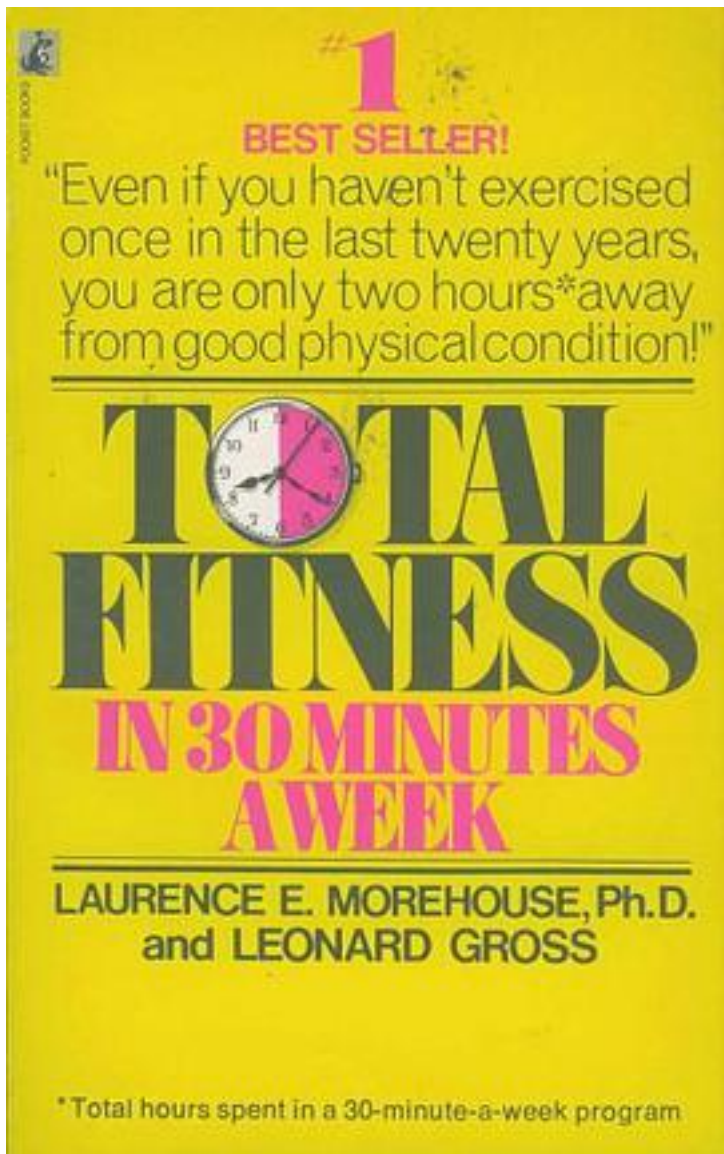


TOTAL FITNESS IN 30 MINUTES A WEEK



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著者:Gross

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Book Description

"Even if you haven't exercised once in the last twenty years, you are only two hours away from good physical condition!"

The man who helped keep the astronauts fit in space shows you how to get in shape the easy, relaxed, no-sweat way!

Every day --- in the shower, at your desk ,or waiting for the bus -- there are little things to do to make you look, feel and act younger. There's no need for straining, no tedious calisthenics, no starvation diets.

Over a twenty-year period,Dr. Morehouse developed his concept of effortless exercise into this revolutionary physical conditioning program, and -- as an expert with the space program -- applied his methods to America's astronauts. And, for twenty years, they have worked right here on earth, especially in the prevention of heart disease!

No matter what your age, this amazing book shows you how to look younger, feel better, and probably live longer --using a quick and easy method. Try it for just two weeks and experience a new vitality and youthful bouyancy that will amaze you!

About Author

Laurence E. Morehouse, Ph.D., is professor of exercise physiology and founder and director of the Human Performance Laboratory at the University of California at Los Angeles. He is the author of the sections on exercise and physical conditioning in the Encyclopaedia Britannica , the Encyclopedia Americana , the Encyclopedia of Sports Medicine and the Encyclopedia of Physical Education. His book Physiology of Exercise is in its seventh edition, and is the standard text for colleges and universities throughout the world. In 1968, the National Academy of Science selected him to deal with metabolic problems of astronauts in their exploration of the moon's surface.

Leonard Gross wrote for Look for twelve years as a senior editor, Latin American correspondent, European Editor and finally West Coast Editor. He has published more than 300 magazine articles and six books. He is currently at work on a novel, a film and a series for television.

作者介绍:

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标签

健康

评论

对fitness有了全新的认识。

2012.05.01

Oicqgod的推荐，在看中文版，内容有关于如何获取“适应力”（fitness），讲得倒是蛮有道理的。通过监测心率，来做很有针对性的、私人化的训练计划。时间要求少，不让人反感，也容易坚持。最深刻的印象是健身是长期的、缓慢的过程，不能操之过急。“日拱一卒，不期速成”。

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书评

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