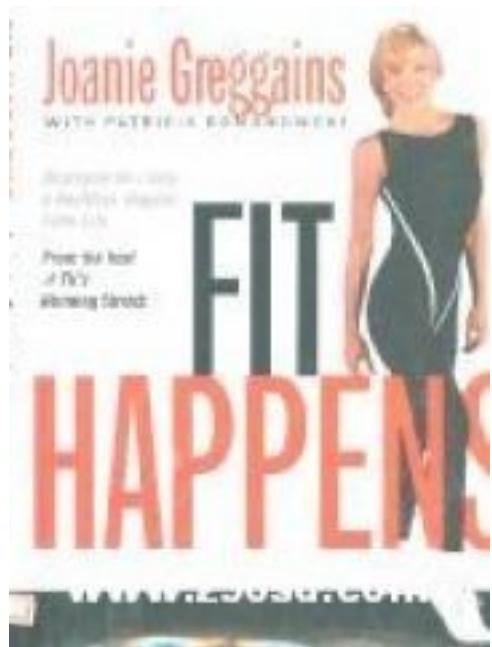


# Fit Happens



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著者:

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Amazon.com If you've been telling yourself that this is the year you'll get in shape, Joanie Greggains's friendly, down-to-earth, practical advice can help. "People stick to a healthy lifestyle because they've found ways to do it and enjoy it," writes Greggains, who has been teaching people about fitness since 1972. You know her as the fitness leader on TV's Morning Stretch and from 13 exercise videos (more than 10 million copies sold). The key, says Greggains, is to discover (or rediscover) the fun of movement, learn to eat healthy foods without feeling deprived, and respect your body. She describes how to "love your body to health," guidelines for eating right, ways to understand your body's signals, diets to avoid, health foods that aren't, exercise options, additives to avoid, and plenty of motivational tips, self-tests, and helpful charts. Fit Happens is friendly and helpful, with on-target tips such as

these: Don't start a new diet until you can clearly and explicitly explain what you will do to make it work most effectively. Remind yourself that your current physical state didn't develop overnight, and real change takes time. Diet fads and body fashion may bend with trends, but human biology never changes. --Joan Price From Publishers Weekly There's hardly a topic that exercise expert Greggains, the host of the television shows Morning Stretch and Health and Fitness with Joanie Greggains and author of Total Shape Up, fails to cover from the facts about battling fatigue to the fictions about fighting fat. The book features a series of user-friendly guides: she lays out healthy dietary programs, explains how much water people should drink, how to get a good night's rest and how many and which vitamins people should take, if any. For readers needing an extra push, Greggains advises when to consult and how to choose a personal trainer. Those who keep up with health and fitness trends will already be familiar with much of the information in this book, which contains all the wisdom already available in most women's magazines. But overall, Greggains gets the balance right by offering plenty of motivational and practical advice on getting in shape, which makes the book especially useful for absolute beginners. Author tour. (Jan.) Copyright 1999 Reed Business Information, Inc. See all Editorial Reviews

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