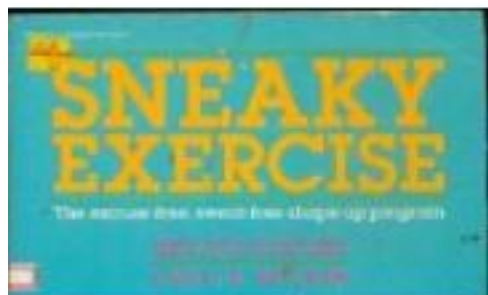


Sneaky Exercise: The Excuse-Free, Sweat-Free Shape-Up Program



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From Publishers Weekly This is a loosely gathered potpourri; of its four sections, one deals with diet and nutrition and another with stress management. As for exercise, Goldin, owner of Personalized Exercise Programs, vainly attempts to set the "no pain, no gain" fallacy on its ear, maintaining that true fitness results from lifestyle more than time-consuming gym visits. She particularly recommends isotonic pressing movements, walking, twisting, stretching and the "tuck" (her favorite), routines that a person can do in the office, waiting in lines, during telephone conversations, etc. Such advice probably made for chipper magazine articles (sections of this work have appeared in various periodicals), but spread over 128

pages it grows thin. Line drawings not seen by PW. Copyright 1986 Reed Business Information, Inc.

作者介绍:

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