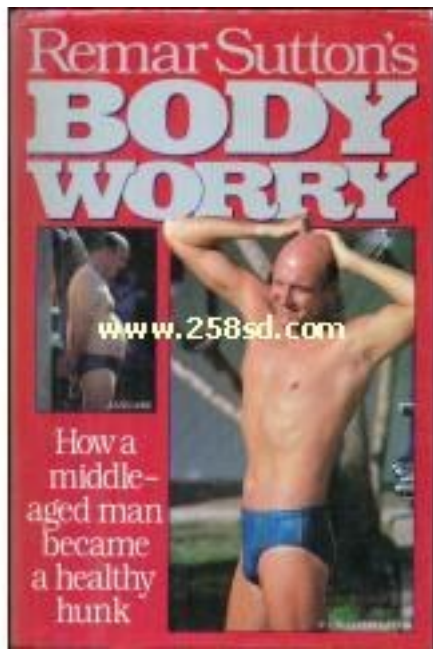


Remar Suttons Body Worry



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A former used-car salesman, freelance writer Sutton's obsession with achieving "the perfect body" led to his "year-long quest for hunkdom." Sutton details his intensive program, including daily exercise and diet, and periodic physical fitness exams. Advised throughout his regimen by fitness and health authorities, Sutton stresses the necessity of undergoing a thorough medical exam before embarking on an exercise program and also suggests that readers "start moderately and work up." The message presented here is to take care of one's inner health as well as the physique: "Most of us are motivated by concerns about our outside rather than our engine and the things associated with it." His exposure of various popular myths and gimmicks, and his replies to common concerns relating to health, fitness and diet are sensible and highly accurate. Even more useful is

the glossary of terms. Sutton s style is easy to read, witty and conversational, and this is a worthwhile investment for anyone interested in beginning an exercise program.
Photos. Author tour.</p>

作者介绍:

目录:

[Remar Suttons Body Worry_ 下载链接1](#)

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