

## Preface

During my thirty-five years in the health and fitness industry, I've seen thousands of people stranded in a maze of health and fitness hype, pacing paths lined with miracles and magic potions. Their senses have been battered by an overabundance of information, advice and products that promise to deliver the ideal solution for achieving their health and fitness goals.

The simple yet comprehensive solution in this book cuts through the clutter. The unique message I convey to my students and clients stems from my educational background and professional experience as a health and fitness specialist, and from my personal experience practicing what I preach for the last three decades. This book encapsulates that message. I view it as a fitness seeker's guide out of the labyrinth and into the light of reason. In these pages you'll find a clear, practical roadmap for success that's based on research, generally accepted scientific findings, and my

time-tested techniques.

When you embrace a total fitness lifestyle, you reap the rewards. Your ability to attain optimal health depends on your willingness to commit to a plan that fits your individual needs and circumstances. In this book you'll discover information that will enable you to make your exercise regimen efficient, safe and effective. You'll also find the motivation to embark on your journey toward total fitness.