

“Dr. Schwartz has developed a straightforward, common sense, well-grounded and comprehensive approach to achieving your health and fitness goals.”

Dr. Grant Cooper, M.D.
Co-Director, Princeton Spine and Joint Center

“*The Awesome Foursome* is masterfully designed for today’s health and fitness conscious individual who is plagued by a sea of information—most often misinformation. The specific instructions for proper exercise techniques will allow the reader to achieve the highest level of health and fitness, while avoiding the unnecessary setback of injury.”

R. Scotty McIver, MS, ATC
Head Athletic Trainer, Manhattanville College

The Awesome Foursome

Sensible Eating Lifestyle
Cardiovascular Endurance Training (aerobic exercise)
Muscle Strength and Endurance Training (weight training)
Static Stretching for Flexibility

Forget the latest fad diet and exercise craze. In *The Awesome Foursome*, health and fitness expert Dr. Irwin Schwartz, Ed.D., gives you his comprehensive, straightforward and long-term strategies for incorporating the four key components of health and fitness into your lifestyle.

- ◆ Abandon restrictive diets and adopt sensible, healthy eating habits.
- ◆ Develop a more efficient cardiovascular system, and maintain or restore your youthful vigor.
- ◆ Increase your muscle strength and tone, and improve your physique and performance in physical activities.
- ◆ Enhance your flexibility to make bending, reaching and just moving around more fluid.

The Awesome Foursome is perfect for beginners, trained athletes and everyone in between. You’ll discover a simple and easy approach to providing your body with the nourishment it requires. You’ll learn how to start an effective cardio workout or get the most out of your current cardio program. You’ll find clear, step-by-step instructions for doing weight-training and stretching exercises safely and properly.

Improve the quality of your life, prevent illness and live longer by embracing the essential components of health and fitness. *The Awesome Foursome* gives you the tools you need to look and feel your best.

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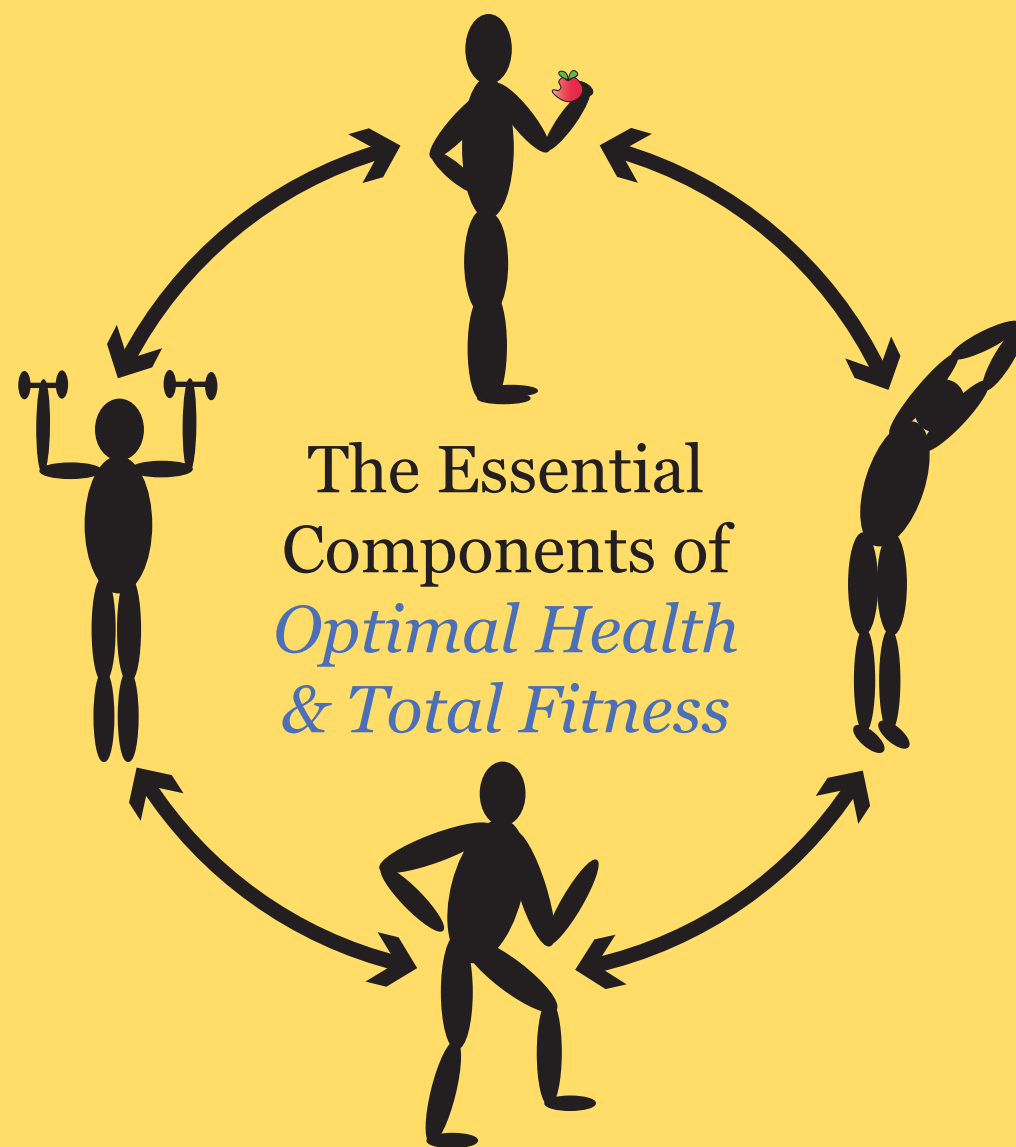
P.O. Box 660
Millwood, New York 10546
www.laureltonmedia.com

www.awesomefoursomebook.com



The Awesome Foursome

The Awesome Foursome The Essential Components of Optimal Health & Total Fitness
Irwin Schwartz, Ed.D., CSCS with David H. Schwartz, Ph.D.



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