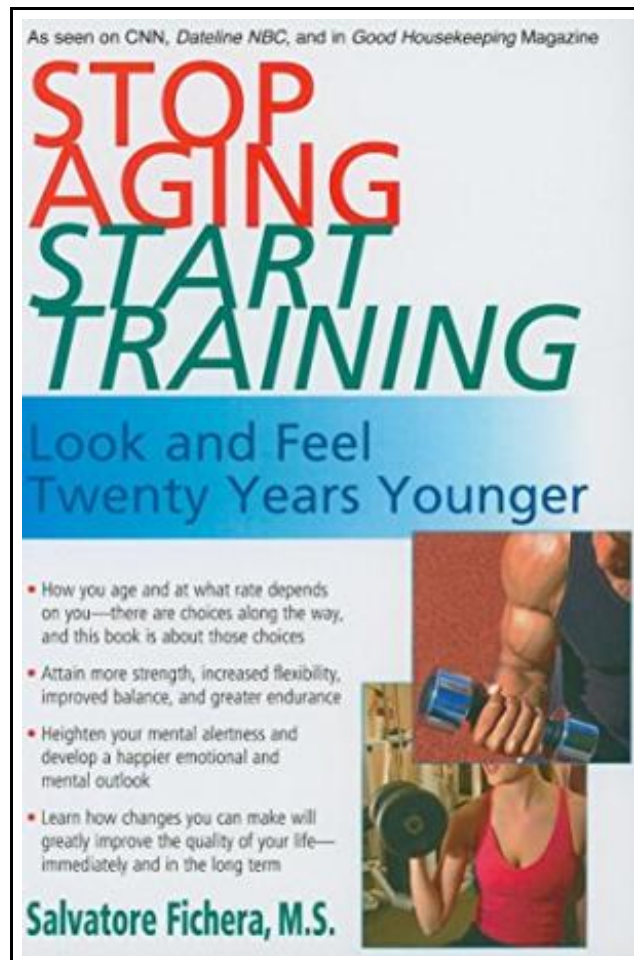


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Basic Health Publications. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. In this new book, Stop Aging-Start Training, author Sal Fichera draws on his impressive resume as a certified personal trainer and professional public lecturer to write authoritatively and effectively about fitness, health, and mindbody synergy. His combination of academic expertise, practical experience, and motivational speaking, plus the numerous articles, expert advice, and product evaluations he has provided for the media position him as uniquely qualified to write this important book. Fichera's focus is on creating a fully rounded approach to solutions for health and appearance. Improving the quality of life, reversing the biological clock, and becoming just plain healthier, learner, and stronger lie at the heart of his message and constitute the core of his dedication to his clients and his audiences. This book is written for anyone who has begun to notice their body is aging and is interested in living a longer, stronger, happier life. The author points out that this is the only book on the market today offering all the significant elements needed for success. Most books, he says, come up short in addressing the three most important components of exercise—variety, proper technique, and intensity. By contrast, Stop Aging-Start Training utilizes these components to show you solid results, beginning in as little as four weeks if you stick with the clearly written, easy-to-implement, fitness and nutritional guidelines it contains. The first part of Stop Aging-Start Training is conceptual and theoretical, laying the groundwork for success in attaining health and fitness goals. It contains advice, information, inspiration, and motivation, and is peppered throughout with useful, entertaining anecdotes drawn from the author's experiences as an exercise physiologist, inspirational speaker, and trainer. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La...

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