



Smart Exercise: Burning Fat, Getting Fit

By Covert Bailey

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Smart Exercise: Burning Fat, Getting Fit By Covert Bailey

Best-selling author Covert Bailey has revolutionized thinking about health and fitness. Smart Exercise is a comprehensive guide to exercise and a lucid explanation of how our bodies stay fit or fat. Most important, Smart Exercise reveals the world's best-kept secret about fitness: keep your muscles in peak form and everything else will follow. Using his famous sense of humor to great effect, Bailey explains how muscles function, describes the multiple benefits of a good workout, and shows why muscle efficiency is the key to lowering body fat and improving general health. Take Covert's Home Fitness Test, make this book your exercise bible, and enjoy the benefits of being in the best shape of your life.

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Editorial Review

Amazon.com Review

The best-selling author of *The New Fit or Fat* offers a feast of useful information and practical advice in this comprehensive guide to exercise and training. Helpful to anyone designing a fitness program, whether it's to lose a "spare tire" or train for a marathon.

About the Author

Covert Bailey is a popular PBS personality and best-selling author on fitness and nutrition, whose *Fit or Fat* series of books has sold nearly 6 million copies. One of the first to emphasize body fat and body fat testing, he has taught millions of people about low-fat eating and adopting flexible exercise programs that are both fun and healthy. Covert Bailey earned his undergraduate degree at Harvard and received a M.S. degree in biochemistry from MIT. He likes to say that his training in graduate school was spent with fit rats and fat rats.

Users Review

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