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Fit Happens: Strategies for Living a Healthier, Happier, Fitter Life

By Greggains, Joanie; Romanowski, Patricia; Bashe, Patricia Romanowski

Westminster, Maryland, U.S.A.: Villard Books, 2000. Hardcover. Book Condition: New. Dust Jacket Condition: New. 1st Edition. Ingram For the 35 million men and women in America on diets and craving some instant inspiration and gratification for their efforts, this book provides 101 easy, yet innovative ways to lose weight and feel better. From the Back Cover "Joanie Greggains has always been at the forefront of health and well-being. What sets her apart is her common sense, her energy, and the fact that she practices what she preaches. She has inspired me for years." --Nancy L. Snyderman, M.D., medical correspondent, ABC News "Joanie Greggains has put together all the information anyone who is interested in being fit in the twenty-first century needs. A must for your bookshelf." --Earl Mindell, R.Ph., Ph.D., author of The Vitamin Bible for the 21st Century and Prescription Alternatives "Joanie Greggains is an icon in the physical fitness world. A true motivator, she tells the truth and practices what she preaches. Her honesty, integrity, and desire to help people give her two thumbs-up in my book!" --Jack LaLanne, author of Revitalize Your Life After 50 "It's one thing to give people advice about how to get and...



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