



The Ultimate Fit or Fat

Covert Bailey

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With more than three million copies of previous editions in print, this classic exercise manual has shown Americans from all walks of life the route from fatness to fitness. Now Covert Bailey has totally rewritten and revised FIT OR FAT for the first time since the book's original publication in the mid-1970s. His dramatically new approach to fitness incorporates the most recent scientific findings. Weightlifting, whose fat-burning potential is only now becoming fully understood, plays a large role in Bailey's new program, which stresses what he calls "the four food groups" of exercise: aerobics, cross-training, wind sprints, and weightlifting. He also stresses the importance of intense exercise, showing readers how to build intensity into their daily programs safely and effectively. Covert Bailey's ULTIMATE FIT OR FAT will not only be of interest to a new health-conscious generation but will be eagerly sought out by the millions of readers who have come to rely on the Bailey approach to keep their bodies in peak condition.

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