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### Ultimate Fitness The Quest For

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Ultimate Fitness: The Quest for Truth about Health and Exercise ... for NYT with easy access to top exercise physiologists and experts so it seemed like fun to check out her take on "Ultimate Fitness". The book was not what I expected. There was a helpful section where she dispels the cardio exercise vs "fat-burning"

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myth and a large section on ...

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-WebMD - Fitness Myths and Facts -- Gina Kolata -- 05/08/03

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Ultimate Fitness is Gina Kolata's compelling journey into the world of American physical fitness over the past thirty years. It is a funny, eye-opening, brow-sweating investigation into fads, fiction, and the science and hucksterism of fitness training.

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Just keep in mind that these quick fixes are no substitute for smart programming and clean eating — while these will certainly make you look better, the quest for overall fitness and health is one that still takes some time to achieve. On that note, these tips will do nothing for you if you're eating like garbage or not getting enough rest.

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