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Big Fat Lies: The Truth About Your Weight and Your Health (First Trade Paper Edition)

By Glen Gaesser, Steven N. Blair

Gurze Books. Paperback. Book Condition: new. BRAND NEW, Big Fat Lies: The Truth About Your Weight and Your Health (First Trade Paper Edition), Glen Gaesser, Steven N. Blair, Fat can be fit! This is the first paperback edition of BIG FAT LIES which was published in hardcover by Fawcett Columbine in 1996 and has been unavailable for several years. Here's proof that people can be overweight and still be fit and healthy. Gaesser, an exercise physiologist, presents scientific evidence that there are benefits to body fat. Optimal health and fitness are the results of light daily exercise and a complex - carbohydrate eating plan that aims for an average of 20 percent fat. Authoritative, clearly-written, and crucial reading for anyone who wants to take concrete steps towards improving their health, no matter what their size. "A thorough and compelling synthesis of the medical literature that challenges the common beliefs that "thin is best" and "weight loss improves health".



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