



Fit to Live: The 5-Point Plan to be Lean, Strong, and Fearless for Life

By Dr. Pamela Peeke M.D. M.P.H. F.A.C.P.

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Fit to Live: The 5-Point Plan to be Lean, Strong, and Fearless for Life By Dr. Pamela Peeke M.D. M.P.H. F.A.C.P.

New York Times best-selling author Dr. Pamela Peeke helps readers trim their waists, shed pounds, and lengthen their lives in her witty, tough-love functional fitness and lifestyle plan.

With more than 300,000 copies in print, Dr. Pamela Peeke's New York Times bestseller Body-for-LIFE for Women has helped scores of readers transform their bodies. Her newest book shines light on the heavy weight of the 21st century lifestyle, with its fake food, desk jobs, clutter, and endless stress, and asks readers, "If your life depended on it, could you run up four flights of stairs right now? Are you Fit to Live, not only to survive, but to enjoy life?" For most people, the answer is no and they don't know it.

Combining Peeke's trademark in-your-face wit with heart-stopping reality checks, Fit to Live offers readers an active health/lifestyle assessment: How many pushups can they do in 2 minutes? How many servings of processed foods did they eat today? Peeke translates those results into research-based predictions of readers' long-term prognoses and helps readers gauge just how much fat?mental, nutritional, physical, financial, environmental?to cut from their toxic lifestyles to become Fit to Live. Showing how these five core areas intertwine, Peeke offers bottom-line strategies to adapt and adjust to life's stresses; get a stronger, leaner body; enjoy greater financial security; and create a healthier living space. Readers will become Fit to Live and lead dynamic and exciting lives, both now and for the future.

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Fit to Live: The 5-Point Plan to be Lean, Strong, and Fearless for Life By Dr. Pamela Peeke M.D. M.P.H. F.A.C.P. **Bibliography**

- Sales Rank: #909074 in Books
- Brand: Rodale Books
- Published on: 2007-05-01
- Released on: 2007-05-01
- Original language: English
- Number of items: 1
- Dimensions: 247.14" h x 1.15" w x 7.62" l, 1.56 pounds
- Binding: Hardcover
- 304 pages



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Editorial Review

About the Author

PAMELA PEEKE, M.D., M.P.H., clinical assistant professor of medicine at the University of Maryland School of Medicine and adjunct senior research fellow at the National Institute of Health, is a regular contributor to *Good Housekeeping* and is frequently quoted in magazines such as *Self*, *Allure*, *Elle*, *Glamour*, and *Redbook*. She is the author of the bestselling book *Fight Fat After Forty*, is the medical advisor and spokesperson of Discovery Health's National Body Challenge, as well as the medical director for the National Women's Resource Center. She lives in Bethesda, Maryland.

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