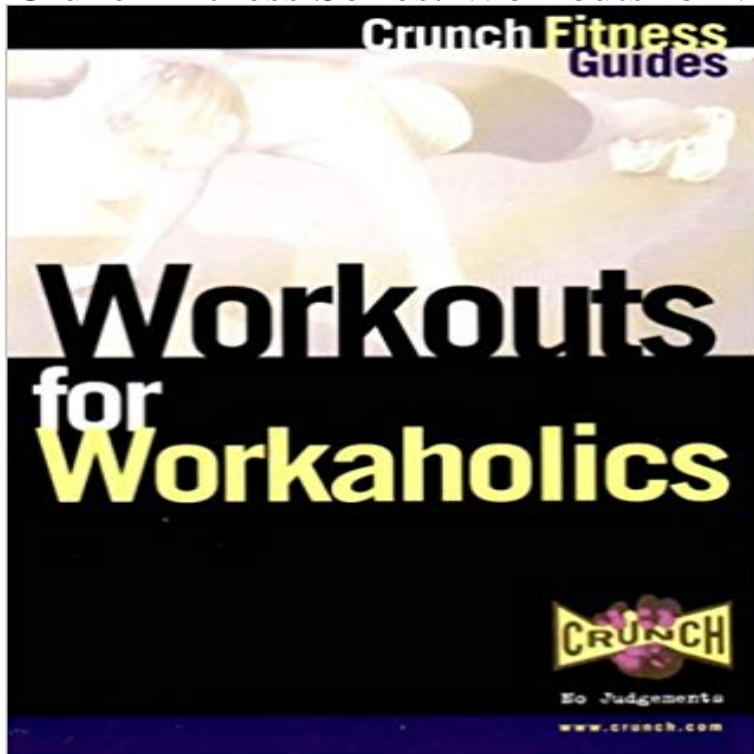


## Crunch Fitness Series: Workouts for Workaholics



Get your body in shape while you keep your career in gear! Maintaining fitness on the job will help you work more productively, deal better with physical and emotional stress, and reduce sickness. This book shows you how to find the time at work to keep in shape. Includes exercises that can be done at your desk in business attire, relaxation techniques to fight stress, nutrition tips, and scheduling plans to get you out of the workplace and to a workout with the least amount of disruption. The Crunch(r) Fitness Series: Throughout the country Crunch(r) is synonymous with the ultimate in fitness and exercise. From New York to LA, Crunch Fitness Centers have helped hundreds of thousands of Americans get in shape and stay in shape. With their unique lifestyle approach to fitness and their philosophy of no judgments on your lifestyle, Crunch is the choice of men and women, and who want to exercise their right to fitness. Crunch and Hatherleigh are proud to announce the next three books in the Crunch Fitness Series. Each book in the series is specifically designed to meet the lifestyle demands of today's Americans - the harried business executive who spends her weekends on the road, the father of the bride who has to look good in a tux, the soccer mom who just doesn't have time for the gym, young people, old people, couch potatoes and bodybuilders. Everyone will benefit from the Crunch expertise and their team of fitness specialists.

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