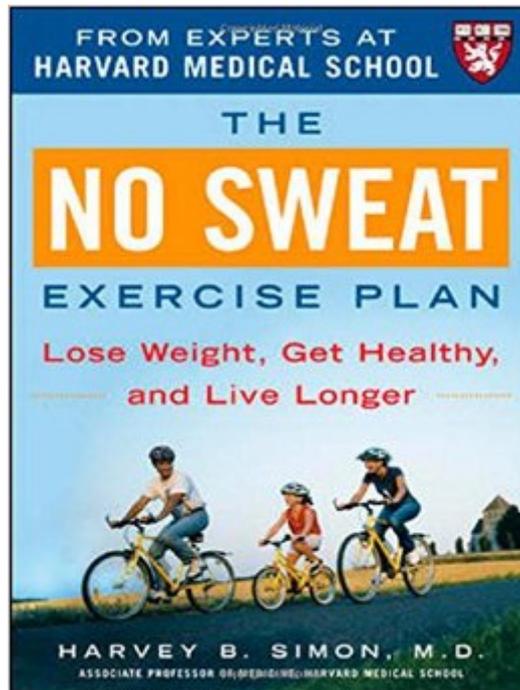


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# The No Sweat Exercise Plan (A Harvard Medical School Book)



## Synopsis

A leading Harvard Medical School doctor introduces his innovative exercise plan that helps you lose weight through your day-to-day activities. Media coverage of health and fitness is at an all-time high. Everyone wants to be fit and healthy but not everyone has the time, energy, or motivation to hit the gym or do laps around the track. "Light" exercise has been recommended by doctors for years, but no one knew how much was enough to make a difference. The No Sweat Exercise Plan offers you a unique point system for tracking how much exercise you are really doing, and giving you a goal to achieve each week. The book features the No Sweat Exercise Pyramids, a set of practical, visual guides that shows the types and amounts of exercise required for good health. An easy-to-follow point system assigns points to such activities as gardening, housework, climbing stairs, and walking. You simply set goals based on their personal needs, then calculate how many points you need to get--and stay--fit.

## Book Information

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## Customer Reviews

Why am I writing this review? Because I felt it would be a disservice to anyone out there who was looking for a great exercise plan if I didn't rave out Dr. Simon's book. I felt compelled to let everyone know about this wonderful book that has changed my life. I was ecstatic when a close friend told me about Dr. Simon's book. I had no idea that such a book existed and I was anxious to get my hands on it. Somehow, with two children, I found the time to read the book. With two very young children, I had absolutely no time to go to the gym. I was feeling sluggish and even guilty for not exercising. After reading his book, I realized there were so many other options I was not aware of. Dr. Simon's

book opened my eyes to a whole world of fitness programs that would be most beneficial to my health and well being. I learned about MY body and MY personal health needs and was able to create an exercise plan that fit into my schedule. I have even involved my four year old in some of my activities. I want to suggest to everyone to check out the section on stretching. I can't go a day without doing each and every one one of Dr. Simon's ten basic stretching exercises. They leave me feeling rejuvenated and flexible! They are simple and quick, yet highly effective. I also have a better understanding of proper nutrition and what diet works best for me. I have made some serious changes to my eating habits, thanks to Dr. Simon. I follow the TLC diet and can say that it has made a huge difference in how I feel. I am a healthier person now and will continue to be for years and years. My life has taken a turn for the better since reading this book!!

I thought I knew a lot about exercise, so I bought this book mainly for the great drawings and instructions on stretching and weight training. But it turns out that what I didn't know about exercise could fill a book--this book, in fact. The most startling fact is that I can exercise for as little as 10 minutes at a time and still slim down, and that I don't have to join a health club to be healthy. I've already started a "stair strider" group at work--we have a chart over the printer and we'll give a little "top flight" prize out each week. It's all good fun, but I'm convinced it will also be good for us. I'm also looking forward to spending more time reading over the healthy diet chapter. I think it will also be very useful, but it will take a little more time to get into that side of things. In my opinion, the book is important and enlightening. If you don't agree, no sweat.

Why do I consider this work to contain the best exercise- advice at all? The answer is because the advice it gives does not require 'exercising' as a special block of time taken in a gym, or with some special instrument. It thinks of exercise as a possible extension of everyday life- activity. We can do much exercise simply by increasing the pace at which we walk, or by lifting a few cans in the proper way each day for a few minutes. Whether we are gardening, housecleaning, shopping, mowing the lawn, climbing stairs, washing the car, playing with children, we can benefit physically by increasing the level of our activity. We can no matter, it seems, where we are, and almost in whatever we are doing, find a way to exercise a bit more, to get ourselves moving physically in a better way. And these little bits of motion are not insignificant but can add up to better health. As Judy Siegel writes in the 'Jerusalem Post' "The latest scientific studies shows conclusively that people can get the full health benefits of exercise with only slight modifications to their daily routines." Simon also in this work provides a more thorough analysis of different kinds of exercise, and specific steps for

improving functioning of different areas of the body. This work would seem to have something for everyone who cares about improving their health. Most highly recommended.

What a relief to know I don't have to be a serious athlete in order to stay healthy! Having recently been laid up from back surgery, (which my wife is sure was brought on by shoveling last winter's heavy snows), I wanted to resume an active life and keep my heart healthy, without re-injuring myself. This book prescribes a very congenial life style which can do that for me. In addition to cardio and strengthening exercises, it has useful chapters on stretching and balance. While these may be less important for young people, they seem particularly relevant for people who, like myself, are getting on in years. "No Sweat" is written in a very engaging style and is a pleasure to read.

D.L., Meredith, New Hampshire

This book presents an easy point system to help people plan how much moderate activity they should be doing for optimum results. I found the book a wake-up call for people who are complacent that their two or three hours of weekly workouts are enough and comforting for people who lead physically active lives. The inclusion of exercises for balance and flexibility along with clear sketches of what they look like is very useful. The section on diet is excellent. The book is very readable. I read it in one sitting and will keep it for reference. As a reader of Dr. Simon's Harvard Men's Health Letter, I already know how well he presents his up-to-date material. I recommend this book very highly to anybody who wants to learn more about how much to exercise and how.

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