



## The Ultimate Fit or Fat

By Covert Bailey

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With more than three million copies of previous editions in print, this classic exercise manual has shown Americans from all walks of life the route from fatness to fitness. Now Covert Bailey has totally rewritten and revised FIT OR FAT for the first time since the book's original publication in the mid-1970s. His dramatically new approach to fitness incorporates the most recent scientific findings. Weightlifting, whose fat-burning potential is only now becoming fully understood, plays a large role in Bailey's new program, which stresses what he calls "the four food groups" of exercise: aerobics, cross-training, wind sprints, and weightlifting. He also stresses the importance of intense exercise, showing readers how to build intensity into their daily programs safely and effectively. Covert Bailey's ULTIMATE FIT OR FAT will not only be of interest to a new health-conscious generation but will be eagerly sought out by the millions of readers who have come to rely on the Bailey approach to keep their bodies in peak condition.

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## **The Ultimate Fit or Fat By Covert Bailey Bibliography**

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### Editorial Review

#### Amazon.com Review

"In my little way I'm going to rattle the world," proclaims Covert Bailey, who already rattled the world when he changed the way America looked at weight loss and exercise with his original *Fit or Fat* in the mid-1970s. Now he's back with a new spin on the *Fit or Fat* principles. This small book (180 pages, about 5 by 8 inches) teaches you how to get fit faster and raise your metabolism. To improve your fitness level most quickly, Bailey recommends his "Four Food Groups of Good Exercise": aerobic exercise, cross training (varying your exercise choices), wind sprints (short bursts of high-intensity activity), and weight lifting. "I'm not burning a lot of calories while I'm exercising, but my body is changing into a better butter-burning machine," he says. "The purpose of my exercise is to change my chemistry." As we expect from Covert, his style is clever and feisty--the book is fun to read, and the information goes down easily. He offers some witty, memorable principles, such as "The more muscle an exercise uses, the less long you gotta do it!", "If you're fit, exercise long; if you're fat, go short but often," and this motto for the older exerciser: "When you are over the hill--you pick up speed!" He includes a body-fat test and a find-your-pace fitness test. --Joan Price

#### From Publishers Weekly

Sixty-seven-year-old fitness instructor Bailey takes a systematic, straightforward approach to lifetime physical fitness in his final contribution to the successful two-decade *Fit or Fat* series. Here he begins with the basic premise that the tendency to get fat has little to do with the amount or quality of food eaten and as proof points to the ineffectual long-term results of dieting. Asserting that exercise is the ultimate control of metabolism (something diet is unable to change), Bailey claims it is the amount of fat-burning muscle that determines one's ability to lose fat (though he sympathetically notes women's lesser ability to control fat due to hormones, lower muscle mass and childbirth). Instructions for simple at-home tests allow the reader to accurately measure their own body fat percentage, lean body mass, ideal weight, ideal exercise heart rate and exercise pace, giving a starting point for any future progress. Likening his weekly exercise program to the four food groups, with three to four recommended servings of aerobics, two to three servings each of cross-training and weight lifting and one to two servings of wind sprints, Bailey offers a varied menu of exercises in each category (including a special no-barbells home weight lifting chapter for the gym-phobic), stressing the pros and cons of each and warning that exercise is not effective when the body has no time to recuperate. Bailey, in no-nonsense prose, will motivate the reader with his contagiously positive outlook and personal anecdotes. (Jan.)

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#### From Library Journal

The revision of a classic.

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##### **Sherrie Shannon:**

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### **Andrew Fogarty:**

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