



# Fitness for Real Life: The 8 Keys to a Strong, Powerful, Youthful Body

*Jason S. Greenspan*

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**Fitness for Real Life: The 8 Keys to a Strong, Powerful, Youthful Body** Jason S. Greenspan  
**Indie Book Award--Health/Wellness**  
**Paris Book Festival Honorable Mention**  
**Southern California Book Festival Runner-Up Best How-To Book**

OVER 15 DIFFERENT FITNESS PROGRAMS TO CHOOSE FROM!

Take the first step in obtaining the knowledge that will allow you to see training results no matter who you are or what your goal might be. This illustrated book is written in layman's terms and is easy to understand. Filled with sound information based on facts--not fads--and cutting edge information--not gimmicks--used by long time fitness professional, Jason Greenspan, with clients who are just like you: the young guy or gal who wants to have sex appeal; the busy middle-aged mom or dad who wants to lose weight; athletes and seniors (I use the word 'seniors' with caution because some of my 70 or even 80-year-old men and women clients can do 20 regular pushups and supported dumbbell rows with 25 lbs!).

During his over 20 year's experience, Jason Greenspan's clients have praised him for his utmost dedication in providing them with the most up-to-date research in fitness programming. Jason's belief in an integrated approach towards fitness has enabled him to help hundreds of clients reach their specific goals.

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