



The Fitness Instinct: The Revolutionary New Approach to Healthy Exercise That Is Fun, Natural, and No-Sweat

Peg Jordan

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Forget about spending mindless hours on the treadmill or hundreds of dollars on weight machines. In her revolutionary new book, Peg Jordan explains that you already have everything you need to get Healthy--the fitness instinct. The woman *USA Today* calls "a health trendspotter" has developed her philosophy from her world travels researching movement and exercise.

Her message is simple: listen to yourself. Stop letting "experts" tell you how you're feeling. Instead, tap into your own instinctive knowledge about your fitness personality. Are you a racer, a stroller, a dancer, or a trekker? Each of these types needs special techniques for finding the right exercise plan.

Peg has the credentials to back up her studies--she is a certified nurse, nutritionist, and frequent guest on "The Today Show" and CNN. She was scriptwriter on fitness videos and infomercials for such celebrities and Cher, MTV, Kathy Smith, and Richard Simmons. She has seen the hard-core attitude at gyms across the country intimidate even the most determined people, and she's here to put a stop to it. Peg Jordan will finally make fitness an instinctive, natural part of life.



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