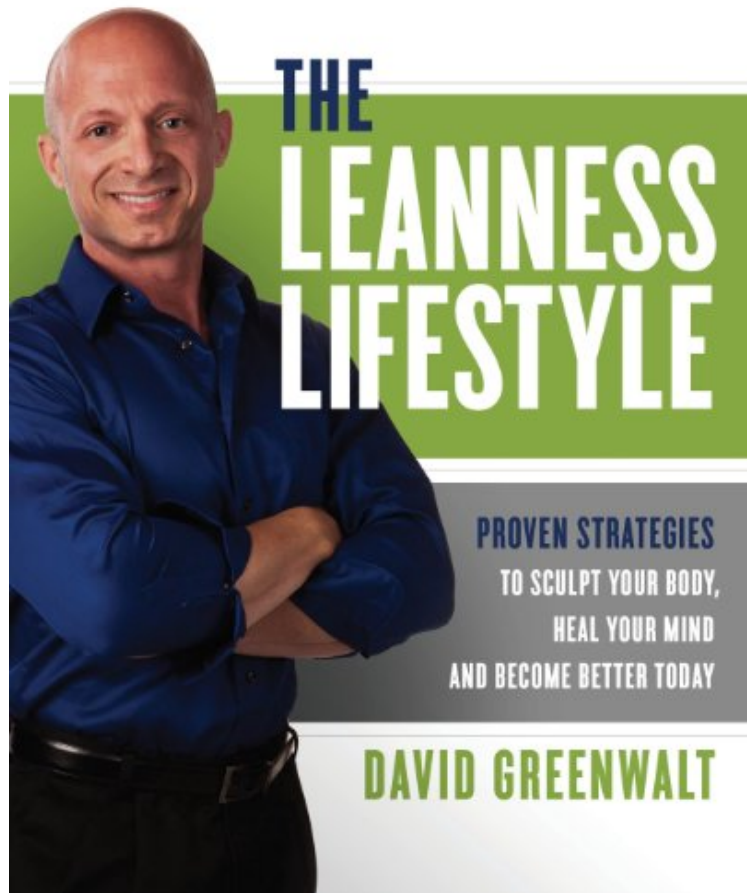


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## The Leanness Lifestyle

David Greenwalt

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**David Greenwalt : The Leanness Lifestyle** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Leanness Lifestyle:

3 of 3 people found the following review helpful. Good for a beginner to intermediate By Mike S. This first came out around the time when Body for Life exploded onto the scene. The first version (and maybe the first couple) were self published by the author and came in a three ring binder. I always kind of saw this as a more "beefed up" version of Body for Life. A good resource for people who hit a plateau doing BFL but were still relative beginners. This does have some of the motivation and "fluff" that people that are more advanced may be turned off at, but it is also a book that you don't necessarily have to read cover to cover to get useful information out of it. The thing that separates this program from ones like Body for Life, it is far less cookie cutter. Instead of the eyeballing portion method of BFL, this one has you figure out your metabolic rate and caloric needs, then has you put together an eating plan based on those numbers, and staggering the amount of calories you eat from day-to-day. So it is far more individualized than a one-size fits all approach. David also goes with a two cheat meal per week approach as opposed to the cheat day. So you have to be far more strict with your nutrition and committed to being so. He also gives examples of different workout

plans, which are nice if you are getting bored with your current workout. Like any kind of book of this nature it is not going to be for everyone. And like any exercise program and nutrition plan your results are going to depend on the effort you put in. Personally I liked the book and got some helpful information from it. 0 of 0 people found the following review helpful. great book By Prayerobics This book is full of realistic helpful tools to help on your weight loss journey, It's worth investing into the read 0 of 1 people found the following review helpful. Phenomenal! By Mark K The Leanness Lifestyle represents the standard of excellence in the health and fitness field. The author who practices what he preaches has created a masterpiece of information and inspiration in the areas of fitness and nutrition. David Greenwalt's comprehensive approach not only contains the latest proven science in the areas of health and fitness but also broaches the important areas related to food addiction and ways of setting and achieving goals. I heartily recommend this book for those who are tired of the hype and are interested in the facts!

The Leanness Lifestyle is a complete body-transformation resource for women and men sick of dieting and ready to permanently lose weight and get in shape.

About the Author David Greenwalt is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association. He has worked closely with men and women from all over the world since 1986 and provides a truly unique and valuable perspective for anyone interested in looking and feeling better.