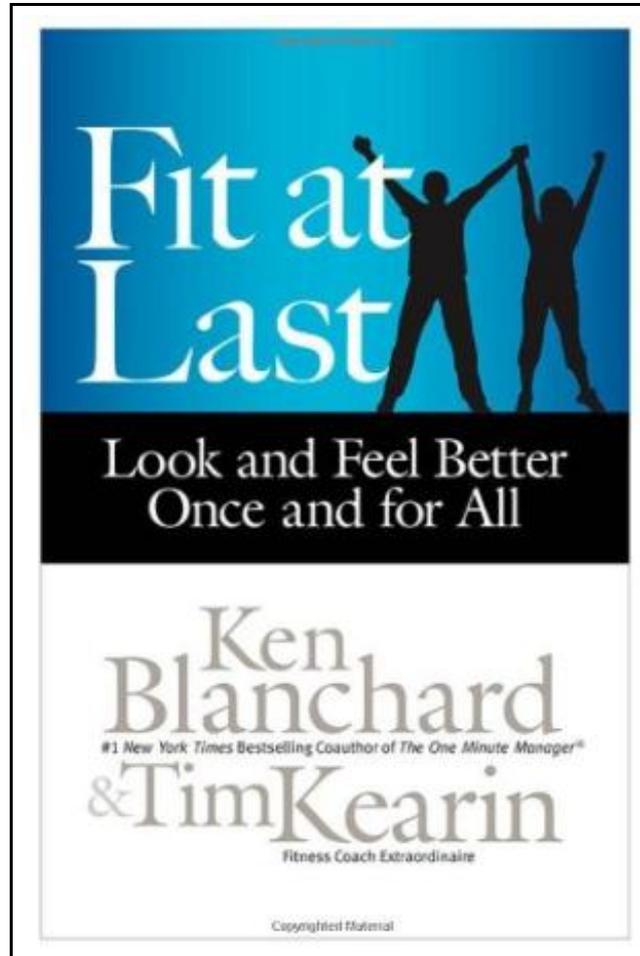


## Fit at Last



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## FIT AT LAST



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Book Condition: New. Publisher/Verlag: McGraw-Hill Professional | Look and Feel Better Once and for All | If you're like a lot of us, for years you've been making resolutions and promises about becoming physically fit. Despite all your good intentions, though, somehow it never quite goes according to plan. But you can break that cycle. In *Fit at Last*, bestselling business author Ken Blanchard and fitness authority Tim Kearin show how Ken, at age seventy-three, finally was able to make lasting improvements in his health and fitness, including dropping over thirty pounds in a year. In each chapter, Ken shares the very personal story of his ups and downs - involving, among other things, a puppy, a Hawaiian tour bus full of widows, and a fifty-year college reunion - while Tim offers expert advice and wisdom gained from over forty years in the fitness industry. Following through on your efforts to get fit requires leadership - personal leadership. Early on, Ken realized the same concepts he's been using for years to help people lead organizations also could help him stick to his program. Here, you'll learn how Ken and Tim applied the Situational Leadership II approach to set SMART goals, diagnose Ken's progress in each of the six core areas of fitness, and match them with the leadership styles necessary to get Ken to the next level in each area. Certainly there is a wealth of excellent fitness advice here - but ultimately, this is a book about commitment. People don't fail because they don't know what to do - they fail because they just don't do it. Using the tools in this book, you'll be able to move from simply being interested in fitness to making a lasting commitment - one that will add a spring to your...



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