For Immediate Release

Nearly half of all Americans say they don't have time to exercise

$14.95
ISBN 1-56975-471-3
144 pp, 7 1/2 x 9 3/4
200 B&W photos

Fit in 15

15-Minute Morning Workouts That Balance Cardio, Strength and Flexibility

- Designed especially for busy people
- 7 days / 7 workouts—you choose
- An easy-to-follow, full-body program
- Fast track to total fitness

People spend millions of dollars on exercise equipment, gym memberships and classes, but they're still not exercising. They simply can't find the time. Now, Steven Stiefel has developed a totally unique fitness program that can be worked into even the busiest morning schedule.

Fit in 15 offers a flexible plan that meets the time constraints of the average person. Readers can customize their exercise regimen by choosing from the book's specially designed 15-minute workouts.

Unlike exercise equipment or repetitive workout routines that emphasize just one aspect of fitness, these mix-and-match workouts never get boring and change throughout the week. ***Fit in 15*** is a fun and effective plan to develop all elements of a healthy, shapely body in less time than it takes to wait in line at Starbucks.

About the Author

Steven Stiefel is the author of *Weights on the Ball Workbook*. He is an editor at *Flex Magazine*, contributing editor at *Men's Fitness* and writes articles for *Muscle & Fitness* and *HERS*. He lives in Los Angeles.

Contact Person: Publicist
510/601-8301 Fax: 510/601-8307
E-mail: publicist@ulyssespress.com
P.O. Box 3440 Berkeley, California 94703-3440

Ulysses Press