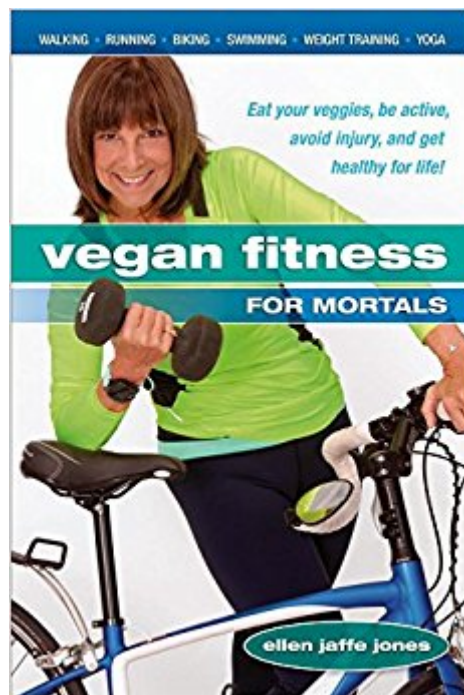




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Vegan Fitness For Mortals: Eat Your Veggies, Be Active, Avoid Injury, And Get Healthy For Life



Synopsis

Anyone who wants to be more active but doesn't think they're athletic enough to pull it off will rejoice. Packed with practical information and achievable programs for both aerobic and weight-bearing exercise, this book provides enough great tips to motivate even the most avowed couch potato. Acclaimed athlete, trainer, and nutrition consultant Ellen Jaffe Jones describes how to develop basic routines for walking, running, biking, swimming, weight lifting, and yoga. She also explains how and why to employ warm-up and cool-down exercises into a workout, gives advice on which gadgets and gear will help improve performance, and shares important tips on how to stay injury-free. There are additional ideas for utilizing the everyday environment from walls to furniture to instantly fit in exercise anywhere, anytime. A committed vegan for many years, Jones conquered serious health challenges by becoming a runner and adopting a plant-based diet. She makes a powerful case for why eating vegan can augment the benefits of exercise and help prevent exercise-related injuries. Included is information on how to transition to a nutritious vegan diet, along with some of Jones's favorite quick meal ideas.

Book Information

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Customer Reviews

Being a vegan for over 6 years, I thought I knew everything about my nutritional needs and had an exercise regimen down. Vegan Fitness for Mortals has not only given me a wealth of information about eating for health as well as for taste, but I've honed my fitness routine based on the extensive coverage of the many different exercise paths one can take. VFFM is well-written and easy to understand. Whether you're vegan or a vegan wanna be, this book is for you!

I have followed a vegan lifestyle for seven years. It has been an exciting journey, one of discovery and fulfillment. There have been a number of people I have turned to, along the way, for inspiration and wisdom. Ellen Jaffe Jones is one of those people. I have found each of her books to be a great resource for my diet planning. I have always found her presentation very practical for my lifestyle. Ellen's latest book, "Vegan Fitness for Mortals", is another wonderful practical guide to help you adopt a vegan lifestyle. Ellen has dedicated her life to inspiring others to make healthy and profound lifestyle changes. Inside her latest book she lays out an easy program of health and fitness that will certainly help you sustain your commitment. Throughout my journey, I have heard many skeptics who question that vegans can be strong enough to be fit. Ellen Jaffe Jones proves them wrong, and in her book, "Vegan Fitness For Mortals", she shows you how.

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