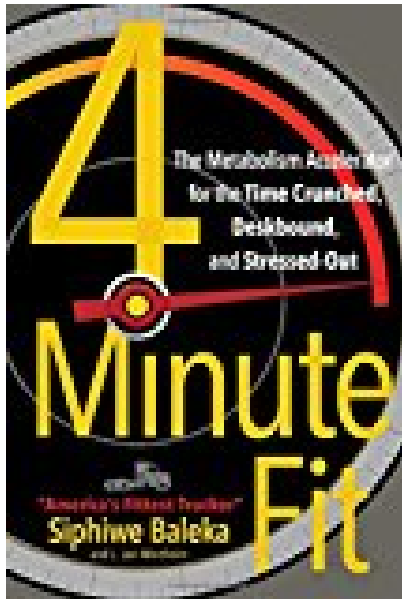


# 4-Minute Fit The Metabolism Accelerator for the Time Crunched Deskbound and Stressed-Out

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## BOOK DETAILS

- Author : Siphwe Baleka
- Pages : 240 Pages
- Publisher : Touchstone
- Language : English
- ISBN : 1501129775

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## BOOK SYNOPSIS

From Yale-educated truck driver and fitness guru Sipiwe Baleka, a revolutionary metabolism-spiking program for anyone who feels they don't have enough time, equipment, or money to get in shape and lose those extra pounds. When Sipiwe Baleka, who had once been a NCAA Division I athlete, began truck driving in 2008, his whole lifestyle changed. Within weeks his metabolism slowed drastically and he gained ten percent of his body weight. He knew he needed to take back control of his health and wellbeing and change the sedentary lifestyle of truck driving—one of the country's least healthy industries. Now, Baleka, founder of Fitness Trucking and full-time fitness coach for Prime Inc., one of the nation's largest trucking companies—and now one of the healthiest—helps thousands of Prime's long-haul truck drivers, who have also struggled with weight and health problems, with his 13-week nutrition and exercise plan. Combining step-by-step workouts and advice on healthy eating (even on the go), 4-Minute Fit is a flexible, yet powerful plan that is proven to boost your metabolism, provide results, and help you get rid of those extra pounds and reach your weight loss goals. Baleka's program is geared not only for those who drive eighteen-wheelers, but also for anyone who travels for work, has a job that involves a lot of sitting, or doesn't think they have enough time to exercise and eat better. If you're frustrated by the weight gain that comes from not being active enough due to your job or lifestyle, 4-Minute Fit is the simple new guide that can radically change your life.

### **4-MINUTE FIT THE METABOLISM ACCELERATOR FOR THE TIME**

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