



The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer

Gretchen Reynolds

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The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer by Gretchen Reynolds

A cutting-edge prescription for exercise by the New York Times “Phys Ed” columnist

At one point or another, nearly every person who works out wonders: Am I doing this right? Which class is best? Do I work out enough? Answering those questions and more, *The First 20 Minutes* helps both weekend warriors dedicated to their performance and readers who simply want to get and stay fit gain the most from any workout.

With the latest findings about the mental and physical benefits of exercise, personal stories from scientists and laypeople alike, as well as researched-based prescriptions for readers, Gretchen Reynolds shows what kind of exercise—and how much—is necessary to stay healthy, get fit, and attain a smaller jeans size. Inspired by Reynolds's wildly popular “Phys Ed” column for *The New York Times*, this book explains how exercise affects the body in distinct ways and provides the tools readers need to achieve their fitness goals, whether that's a faster 5K or staying trim.



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