



# Big Fat Lies: The Truth About Your Weight and Your Health

*Glenn A. Gaesser*

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## **Big Fat Lies: The Truth About Your Weight and Your Health** Glenn A. Gaesser

Do you believe that your weight should be within the range recommended by one of the various height-weight tables that are always appearing in books and magazines? That being overweight is unhealthy? That weight loss improves health?

Have you ever been told by your doctor to lose weight? Are you currently dieting or contemplating going on a diet? Have diets failed you or made you feel like a failure? Do you feel people look down on you because of your weight? If the answer to any of these questions is “yes,” then this book is for you.

Millions of Americans stigmatized as “too fat” need to be reassured that the roads to good health are wide enough for everyone. Here’s proof that people can be overweight and still be fit and healthy. Glenn Gaesser, an exercise physiologist, challenges the conventional wisdom that excess body fat poses a danger to health. This is an authoritative, clearly written book that is crucial reading for anyone who wants to take concrete steps towards improving their health – no matter what their size.



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#### **Gary Roth:**

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Big Fat Lies: The Truth About Your Weight and Your Health can be excellent book to read. May be it is usually best activity to you.

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