

**Lani Muelrath, M.A., CGFI, CPBN, FNS**

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“Lani Muelrath’s wonderful book is filled with heart and joy. Presenting ‘food, fitness, and frame of mind’ as the three pillars of health, she shows you how to be full without being fat, while having an environmentally kind and compassionate kitchen. This is one exercise book that understands that you don’t have to exercise like a maniac once you get the food right. Highly recommended.”

—John Robbins, author, *The Food Revolution*, *Diet for a New America*, and many other best-sellers

“Lani Muelrath’s *Fit Quickies* has the diet right. With simple, effective exercises, the powerful message to be less sedentary, and steps for positive change, Lani takes you forward on the path to a better body—and a healthier life.”

—John McDougall, MD, author; founder, the McDougall Program

“*Fit Quickies* is everything you ever wanted in a fitness and health program all in one place! You’ll find practical exercise suggestions as well as great, easy tips for changing your diet. Lani Muelrath shows you how to power up your menu in exactly the right way. In our studies at the Physicians Committee for Responsible Medicine, we find that these lifestyle changes help our participants lose weight, reverse diabetes, boost heart health, and really change their lives. With Lani’s book, you, too, can easily get on the path to great health.”

—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine

“With honesty, expertise, and inspiration, Lani Muelrath offers the perfect prescription for a healthier, happier you. *Fit Quickies* is comprehensive, easy, and sure to change your life.”

—Rory Freedman, coauthor, #1 *New York Times* best-seller *Skinny Bitch*

“Lani Muelrath’s talent and expertise have come together in the freshest health and fitness book available today. She covers brilliantly the pillars of lifestyle medicine that mean so much to more than 50,000 graduates of our Complete Health Improvement Program (CHIP): targeted fitness, sensible eating, and a winning attitude. Empowered and consistently practiced, these same lifestyle principles have helped our graduates shed excess weight, disarm diabetes, lower high blood pressure and cholesterol, and facilitate heart disease reversal. Looking for living life at its best—with resilience, vitality, and joy? Then dig in, embrace, and flourish! You are on your way to radiant health with Lani’s easy-to-read and rock-solid book!”

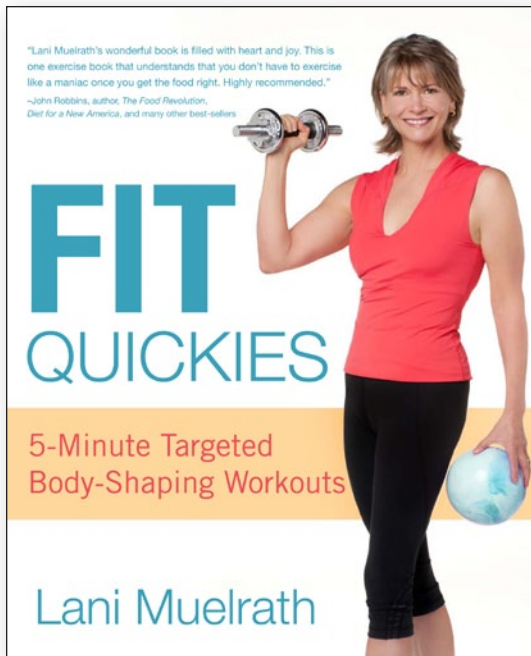
—Hans Diehl, DrHSc, MPH, founder, CHIP and Lifestyle Medicine Institute

“As a dietitian, a runner, and someone who has followed a vegan diet for nearly two decades, I’m thrilled to finally see a one-stop resource that empowers people to meet their highest health potential through diet and exercise. While never losing sight of everyone’s capability to achieve a healthy lifestyle, Lani captivates the reader with her own personal and insightful story toward this goal. She brings us along for the ride and prepares us to take the wheel for the long haul.”

—Susan Levin, MS, RD, Director of Nutrition Education, Physicians Committee for Responsible Medicine



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“Lani Muelrath is a whirlwind of enthusiasm and encouragement, and in *Fit Quickies* she offers you a special invitation to look and feel better, and a sure path to the life you deserve.”

—Douglas J. Lisle, PhD, psychologist and coauthor, *The Pleasure Trap*

“I believe that a properly-put-together plant-based, whole-food nutrition plan is the greatest performance advantage an athlete can have. With this book, Lani Muelrath will get you on track. Get ready to reap the many benefits!”

—Brendan Brazier, former pro Ironman triathlete, best-selling author of *Thrive*, and formulator of Vega

“Fitness is a critical component to a healthy lifestyle. In *Fit Quickies*, Lani Muelrath delivers skillful, superb exercise instruction with a fun and effective approach to reshaping your body. She compellingly offers a toolbox to help you succeed at fulfilling your goals for optimal health, fitness, and wellness.”

—Julieanna Hever, MS, RD, CPT, host, *What Would Julieanna Do?*; author, *The Complete Idiot's Guide to Plant-Based Nutrition*

“As an exercise physiologist I am adamant about posture and identifying mobility and stability limitations before initiating exercise training. Lani builds a brilliant and attractive model from the ground up, addressing importance of correct body position before and throughout each exercise. Beautifully detailed, comprehensive, an excellent and friendly recipe for your journey to improved health and fitness, *Fit Quickies* inspires you to get serious about changing your body—and gives you the tools to do it.”

—Steve Henderson, PhD, Department of Biology and Kinesiology, California State University, Chico; owner, SportFit Performance Training

“Losing weight—and more importantly, true wellness—cannot be achieved and sustained by virtue of fad diets. It requires a comprehensive approach that contemplates the optimum health and harmony of mind, body, and spirit. Lani Muelrath’s *Fit Quickies* beautifully embraces this perspective, deftly providing the reader with expert advice to change not just your waistline, but your life—the plant-based way.”

—Rich Roll, plant-based ultra-athlete and best-selling author of *Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself*

Multiple resources for you for healthy fitness, weight loss, and plant-based nutrition are available at [www.lanimuelrath.com](http://www.lanimuelrath.com).



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