



The Vulgar Truth Diet: Fat Loss

Chris L. Hitchko

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Fat loss begins by fixing your S.P.I.N.E. The American society incorrectly states that weight loss can only be fixed via exercise and nutrition. Chris Hitchko, an instructor at a personal training school in the San Francisco Bay Area, believes differently. He created the acronym S.P.I.N.E. (Stress, Sleep, Sex, Psychology, Injuries, Nutrition and Exercise). If you take an approach that tackles these seven components of wellness, then fat loss will be achieved. As a teacher, he firmly believes in teaching first and training second. Why workout harder when you can workout smarter by applying the sciences that support movement? You will not sleep through this exercise book as he keeps the readers on their toes with his quick wit, crass imagery and vulgar approach. In the end, his tough love will win you over and help you achieve something that you've been wanting for years, fat loss.

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