

*Escape Your Shape* is an exercise book that gives the real facts and guidelines to exercising according to individual body type. Whether you have been a long-time exerciser or you have never thought about it and now you are lost without a single hint as to how you could possibly be fit by your wedding day. This book will revitalize that exercise nut that has been buried within you for so long.

The author, Edward Jackowski, Ph.D. has been educating and motivating people on how to incorporate proper fitness into their daily lives. It was his goal to show people that you can improve the way you look, feel and function without trying to learn about the new trends in exercise equipment. The author is also CEO of Exude, America's largest one-on-one and motivational fitness company. Exude is the only fitness company in the world with a proven training methodology for both men and women based on body type.

Below you will find a step-by-step, easy to follow checklist that Dr. Jackowski has created for achieving true fitness and a sleeker looking body.

1. Acceptance and realization that in order to become fit lose weight or improve overall health and appearance, that it can only be achieved through a proper and regular full-body fitness regimen.
2. Get a full physical and stress test prior to beginning any fitness program.

3. Create a clear path to become consistent with your exercise routine by choosing where and when, what days and at what times you'll be exercising.
4. Based on your goals of wither weight loss vs. toning; determine your current level of fitness, review any medical and orthopedic constraints with your doctor, choose the body type you possess and educate yourself on the type of exercises you need to perform.
5. Make sure you warm-up, stretch and then perform your workload and cool down each and every time you exercise.
6. As you become more fit, keep increasing your intensity within safe parameters.
7. If you travel, practice your fitness routine before you hit the road in order to insure success.
8. If you compete or enjoy sports, make your fitness regimen sports-specific so that you can improve your level of play as well as lower your risk of injury.
9. If you belong to a gym or health club and you cannot get there on your designated workout days, have a back-up fitness plan that can be implemented at your home or any other environment you find yourself in.
10. If weight –loss is your goal-initially, frequency (the number of times per week you exercise) is more important than intensity (how hard you work), try to maintain at least 5 days per week of 30-45 minutes of exercise, building up to 20 minutes or more of sustained aerobic exercise.
11. If weight –loss is your primary goal and your fitness level has improved but you find yourself losing more inches than scale weight, then you either need to

increase frequency, intensity and/or adjust your present eating habits and diet.

12. If toning is your primary goal, as your fitness level increases, you must also increase the intensity of your current workout routine. This can best be accomplished by extending the duration of each exercise, increasing your speed or number of repetitions or if your body type dictates, increase the amount of resistance/tension or weights you are using.