



Making the American Body: The Remarkable Saga of the Men and Women Whose Feats, Feuds, and Passions Shaped Fitness History

Jonathan Black

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If you thought the fitness craze was about being healthy, think again. Although Charles Atlas, Jack LaLanne, Jim Fixx, Jane Fonda, Richard Simmons, and Jillian Michaels might well point the way to a better body, they have done so only if their brands brought in profits. In the first book to tell the full story of the American obsession with fitness and how we got to where we are today, Jonathan Black gives us a backstage look at an industry and the people that have left an indelible mark on the American body and the consciousness it houses.

Spanning the nation's fitness obsession from Atlas to Arnold, from Spinning to Zumba, and featuring an outrageous cast of characters bent on whipping us into shape while simultaneously shaping the way we view our bodies, Black tells the story of an outsized but little-examined aspect of our culture. With insights drawn from more than fifty interviews and attention to key developments in bodybuilding, aerobics, equipment, health clubs, running, sports medicine, group exercise, Pilates, and yoga, *Making the American Body* reveals how a focus on fitness has shaped not only our physiques but also, and more profoundly, American ideas of what "fitness" is.

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Typically the book Making the American Body: The Remarkable Saga of the Men and Women Whose Feats, Feuds, and Passions Shaped Fitness History has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. The author makes some research prior to write this book. This book very easy to read you can find the point easily after scanning this book.

Victor Willis:

People live in this new moment of lifestyle always make an effort to and must have the free time or they will get lot of stress from both daily life and work. So , when we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read will be Making the American Body: The Remarkable Saga of the Men and Women Whose Feats, Feuds, and Passions Shaped Fitness History.

Cassandra Giron:

On this era which is the greater individual or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple way to have that. What you must do is just spending your time very little but quite enough to have a look at some books. One of the books in the top checklist in your reading list is actually Making the American Body: The Remarkable Saga of the Men and Women Whose Feats, Feuds, and Passions Shaped Fitness History. This book and that is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking right up and review this publication you can get many advantages.

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