

CONTENTS

<i>Foreword</i>	ix
<i>Acknowledgments</i>	xi
1. First, a Question: How Did You Get So Messed Up About Food and Fitness?	1
2. The "M" Word: The Key to Your New Body	9
3. The Workout Myth: What True Exercise Is—and Isn't	15
4. The Diet Myth: Why Your So-Called Diet Actually Makes You Fatter	23
5. Getting Started: The First Steps to Reshaping Your Body	31
6. Pure Fuel for Your Engine: Taking the Mystery out of Nutrition and Moving into the Larry North Meal Plan	43

7. Fat Free for Life: The Foods You Must Have—and the Foods to Throw Away	67
8. True Aerobics: The Foundation for Your Better Body	93
9. Weights for Life: Creating the Strong and Sexy Body	105
10. The Full-Body Weight Program: Exercises to Resculpt Your Body	119
11. Advanced Weight Training: Improving Your Workouts for an Even Better Body	205
12. The Second Effort: Building Your Own Motivation	219
13. The Larry North Program Summarized	231
<i>Appendix</i>	235