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Editorial Review

About the Author

In 2008, Ben Greenfield was voted by the National Strength & Conditioning Association as the #1 ranked personal trainer in the United States. Certified as a fitness coach and nutritionist, Ben specialized in the application of cutting-edge scientific concepts in exercise and nutrition. In a practical and easy-to-understand style, he teaches how to achieve rapid fat loss and lean muscle toning in a healthy and long-lasting fashion. To learn more about Ben, or to subscribe to his free health, fitness and nutrition blog and podcast, just visit <http://www.bengreenfieldfitness.com>.

Users Review

From reader reviews:

Mary Gillon:

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