



## Top Ten Tips for Tip Top Shape: Super Health Programs for All Professional Fields (Paperback)

By Matthew Deleo

iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Matt DeLeo is remarkable. He has changed my life at least, certainly, from a health and fitness perspective. His training techniques and teaching, coupled with his advice on such overlooked habits as proper eating and sleeping, have been invaluable. Training with him actually caused us to install a gym in our offices and he now trains a number of other lawyers here. This book is a must read. -Richard Berkowitz, Attorney, Berkowitz, Trager and Trager, LLC. This book is a reflection of Matt s experience and creativity in physical training. It is required reading for those who are committed to having a healthy body. -Marvin Lender, former President, Lender s Bagel Bakery, Inc. It has been five years since I suffered a stroke and I have been Matt s client since that time. Matt s expertise along with this book helped me get back to training on a regular basis. It s a must read. - Murray Lender, former Chairman, Lender s Bagel Bakery, Inc. Doug s enthusiasm for healthy living is contagious, and I am confident that this book will be...



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