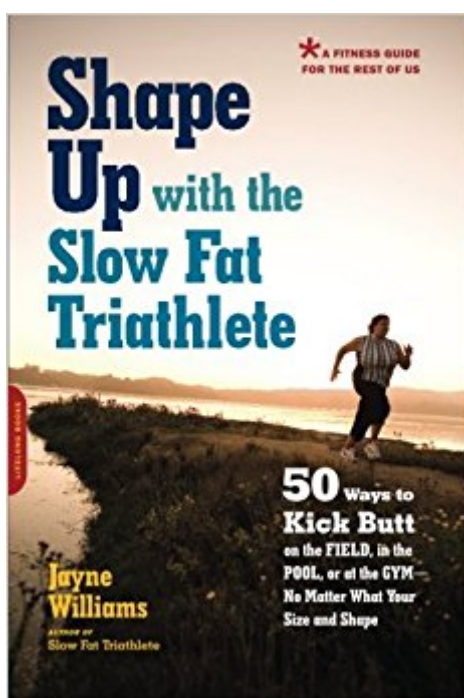


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# Shape Up With The Slow Fat Triathlete: 50 Ways To Kick Butt On The Field, In The Pool, Or At The Gym--No Matter What Your Size And Shape



## Synopsis

Jayne Williams brings irreverent wit and a passion for movement to people who want a roadmap to real-life, functional fitness. *Shape Up with the Slow Fat Triathlete* is the antidote to fitness books that promise killer abs and deliver disappointment. A mediocre athlete with a lifelong weight problem, Williams struggles with her own fitness demons, including self-consciousness, injuries, and yo-yo dieting. Now, she puts fun back into working out with realistic advice, zany anecdotes, and essential observations. With stories from other imperfect athletes, Williams's fifty audacious tips help aspiring athletes of all flavors to kick butt on the trail, in the pool, or at the gym.

## Book Information

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## Customer Reviews

Library Journal, 10/24/08 "Williams supplies tips for letting go of the worst obstacle of all self-consciousness. At last something for real people; highly recommended."  
Washington Post, 1/3/09 "Williams's fitness books stand out for their humor."  
Curve magazine, May 2009 "If there is a messiah of fitness, she might be it. Williams writes in a funny, engaging style that encourages everyone to come along for the ride."

Jayne Williams lives with her husband in Northern California, writing for fun and paychecks. She has eaten raw reindeer in Siberia and completed 20-plus triathlons and one slow marathon.

A friend of mine suggested this book to me after learning I'd been on a fitness journey for the past 9 months. I've lost a lot of weight, I've gotten in a shape that is a little less "round" and I still have a long ways to go. I was looking forward to reading this book to learn how to get into shape and become an imperfect athlete as a larger woman. There are oddball challenges that I've met along the way that smaller people just don't have. I was looking forward to learning about how to deal with some of these. I will say that the book is very motivational and I love the author's attitude of "be yourself and the rest of them can fly a kite." Reading her book made me want to get off my tail and drag my butt out for a walk or to the gym. It made me want to learn how to run and succeed at this crazy path I have laid out for myself. She excels at this. I think, however, it's missing some of the practical advise I was looking for. I was expecting more tips and ideas and less motivation. Granted, I need both of those things, but from the title and description, it wasn't quite what I was expecting. Having said that, this is definitely worth a read. If you are not in the best shape of your life and don't look all that hot in spandex, this is a great book to help get your tail in gear.

Recommended.

This book is written to inspire people who are not already physically active on a regular basis to engage in any sport or activity that gets them moving, whether recreational or competitive. It is not limited to triathalons or to running, biking and swimming. While aimed primarily at older and/or overweight people, especially women, anyone interested in exercise will benefit from the cheerful, anecdotal discussion of topics like clothing, scheduling and positive thinking. The thoughts on participating in competitive sports for non-competitive reasons are excellent. General advice is given and some basic overall guidelines, like checking your heart rate, but no specific training guidelines or programs are included. The book is funny. It is easy to read in small bits, a few pages at a time.

This is a great book in its own right a great read very encouraging. I read her Slow Fat Triathlete book and the two together are even more phenomenal.

in excellent condition, just-my-speed training book

This is a great book for the beginning or advanced athlete. Appreciate all of the information provided. Thanks for a great book.

I found this book to be motivating and I learned a lot about exercising, resting, eating and the

emotional-ness of exercise. I liked this book even though I am not training for a triathlete type experience. Many great tips on when to slow down, pick it up, eating, just getting out there, what to wear, everything.

Really fantastic and inspiring book. I recommend it highly! This is one that I've bought a number of times (and given to others!), and I'm glad that I have it now on my Kindle.

I need ways to kick my butt on the field, in the pool and in the gym. I am a beginner and would like to do a mini tri first and work my way up to a mudrun and full tri.

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