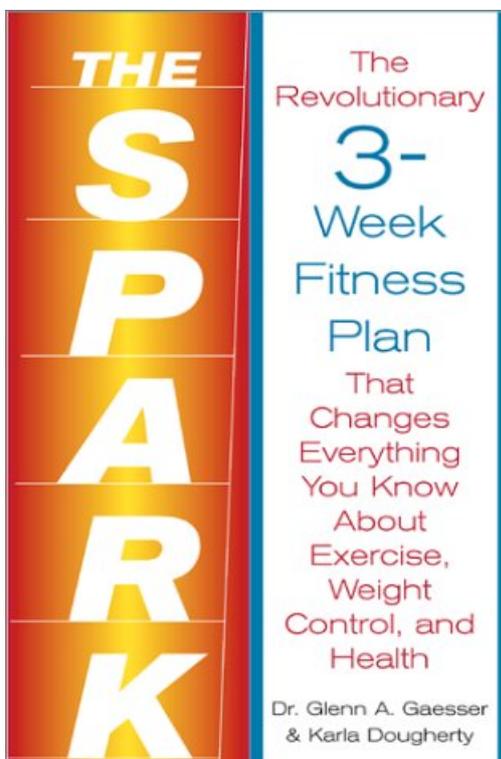


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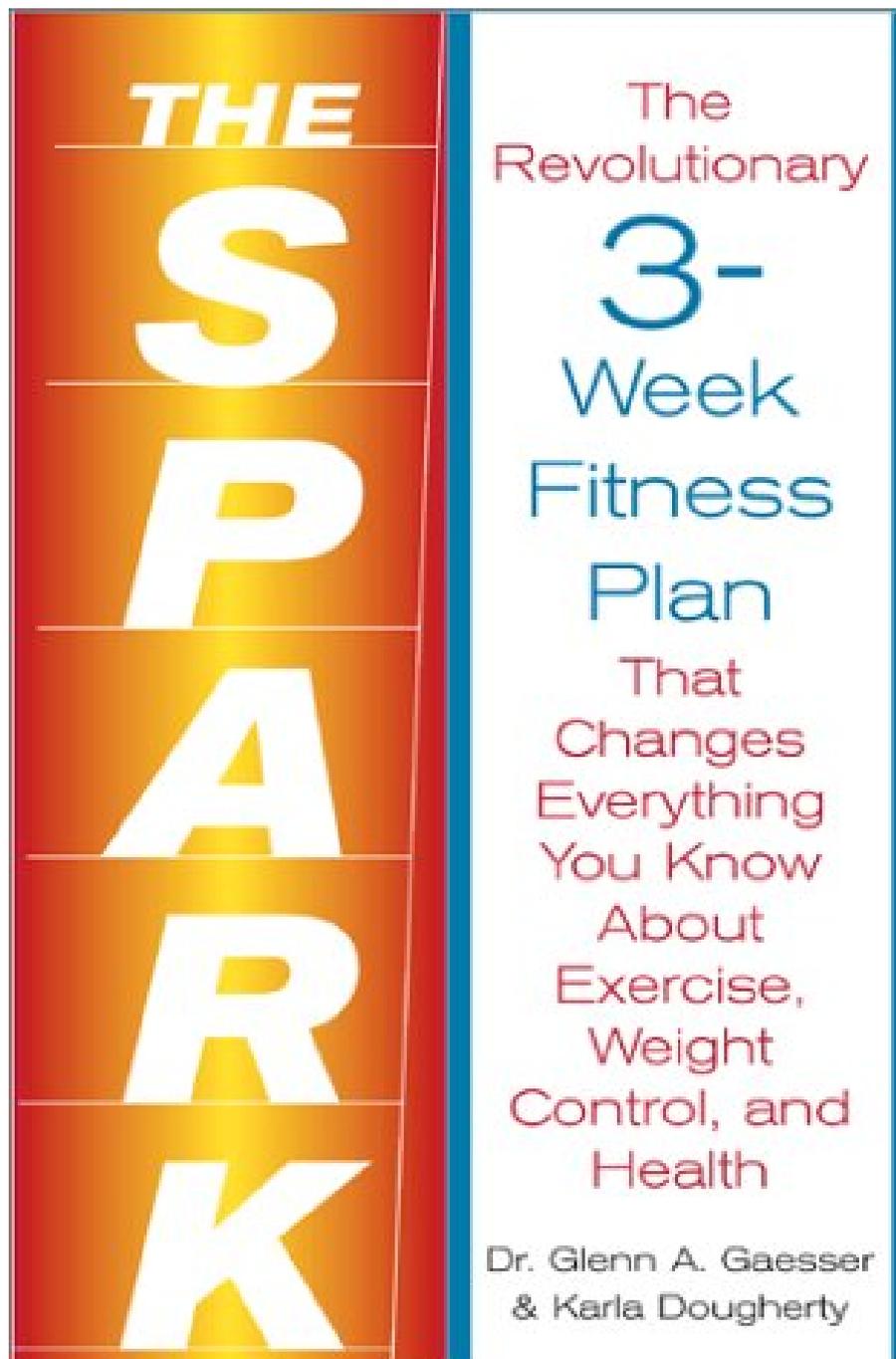
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Amazon.com Review

The spark of inspiration behind The Spark came when Glenn Gaesser looked at the exercise recommendations he and his fellow exercise scientists at the American College of Sports Medicine had come up with: 20 to 60 minutes of vigorous aerobic exercise, three to five times a week; two to three strength-training sessions a week; and two to three flexibility workouts a week.

That's the recommendation for the "average" person.

No wonder the population keeps getting fatter, Gaesser thought. Other than athletes, models, fitness professionals, and a handful of gym rats, who had time for all that? The people without the time--the vast majority of the unexercised population--couldn't see the point of doing anything less. Armed with some intriguing research showing that three 10-minute aerobic exercise sessions in a day produced equivalent benefits to one 30-minute workout, Gaesser tried something radical: a workout program consisting of 15 10-minute bursts, or sparks, of exercise. He tried this on a sedentary group of women and found that in three weeks they lost weight; lowered their cholesterol and triglycerides; and improved their aerobic fitness, flexibility, strength, and muscular endurance. In other words, in just three weeks, these women achieved results normally seen in three months of an exercise program.

Why do these 10-minute sparks work so much faster than traditional exercise programs? Partly because of growth hormone, an important muscle-building and fat-mobilizing chemical your body releases during and after exercise. If you get three daily surges of growth hormone, you get triple the benefits of one daily surge.

Besides showing how to get off the couch and start sparking, Gaesser includes nutritional recommendations. He's a rarity today: a high-carbohydrate advocate. (He cites a University of Pittsburgh study showing that people of all ages who've lost weight and successfully kept it off followed high-carb diets.) But there's one catch: the carbohydrates must contain a lot of fiber; another study he mentions shows that people gain weight on low-fat, low-fiber diets.

The Spark is a miracle pill for entry-level exercisers, or those who've been inactive for a while. You can get started in exercise without turning over your life to your program, and continue to use sparks your entire life--which will be much longer and healthier as a result of the simple 10-minute bursts of effort. --Lou Schuler

From Library Journal

In 1999, with funding from the American Heart Association, Gaesser (exercise physiology, Univ. of Virginia) conducted the first "Spark" study, designed to determine if many short bursts of exercise would have the same health and fitness benefits as the standard 30-40 minutes, three-times-a-week routine. The study followed 40 ordinary people for three weeks on a regimen of 15 ten-minute exercise units per week. The exercises included walking, weightlifting, stretching, and aerobic dancing. Three weeks later the participants' aerobic capacity had increased by an average of ten to 15 percent. Strength and muscular endurance improved by 40-100 percent. Weight had dropped by an average of three pounds. This means that we don't necessarily have to work up a sweat or dance till we drop to get fit. Dougherty augments Gaesser's description of the process with her own progress under Spark, as a woman who had tried all the diets and the exercise crazes without success. Although it's early to say if the Spark program produces long-term health benefits, this system will certainly appeal to those whose exercise time is limited. Menus, recipes, and suggested cookbooks are included. Recommended. DSusan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, OH

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Review

Nancy Clark, M.S., R.D. Director of Nutrition Services, Boston area's SportsMedicine Brookline; author of Nancy Clark's Sports Nutrition Guidebook (2nd edition) What I like best about The Spark are the real people who tell their success stories about how they followed Glenn Gaesser's simple formula to add health and fitness to their lives and lifestyles. If you are a real person who struggles with wanting to become healthier and more active, but don't quite do so, this book will not only inspire you but also tell you what you need to do and how to do it -- easily and painlessly. Try The Spark; you'll like it! -- Review

THE SPARK: THE REVOLUTIONARY 3-WEEK FITNESS PLAN THAT CHANGES EVERYTHING YOU KNOW ABOUT EXERCISE, WEIGHT CONTROL, AND HEALTH BY GLENN A. PDF

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