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## My Fitness Experiments

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By VC Chowdary

Partridge India, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. My Fitness Experiments is the story of a man who chose to focus more on his health and fitness. It describes all his efforts to be fit, his failures and his success. The author s four decades of continuous focus on all matters of health and fitness has brought together a number of concepts, thoughts, experiences and developments and interesting information from different sources such as research reports and books. He has experimented with many types of exercises and different varieties of food and finally arrived at his own simple, viable and durable solution. This book is a first-hand account of what the author did, how he failed for years and how he finally succeeded to be healthy and fit. It also describes his weakness for food and how he manages to overcome the problem. V C Chowdary lives in Bengaluru, India with his family. His pet subject is agriculture. He loves good food, likes to travel and enjoys reading.



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