

"As a high school physical education teacher, I see daily the effects that sedentary lifestyles have on young people. It's essential to give parents and children the tools for developing realistic, lifelong fitness habits. Youth Fitness: An Action Plan for Shaping America's Kids is a great resource for anyone looking to make lifestyle changes and get started on the path to optimal health."

Rick Rignell, MA, CSCS
Physical Education Teacher and Strength Coach
Anoka High School
Anoka, Minnesota

"Today's young people will have a shorter life expectancy than their parents if we are not able to address the epidemic of childhood obesity. Youth Fitness: An Action Plan for Shaping America's Kids provides important and critical information to parents, educators and community leaders in the struggle to shift the culture of America."

William Lovett
President
New Jersey Alliance of YMCAs
Metuchen, New Jersey

"Given the alarming increase in childhood obesity, any fitness plan that can be easily implemented at both home and school to address this crisis should be embraced. We have a moral obligation to see that our youth is provided the tools to become healthy adults. The action plan provided in this book is an excellent means to that end."

Paul F. Hastings
Executive Director
U.S. Marines Youth Foundation (sponsor of the Youth Physical Fitness Program)
Fairfax, Virginia

"Our team dietitian and I constantly talk about the obesity epidemic that exists among our nation's children. Poor eating habits and lack of activity are the obvious causes. Parents constantly call our radio show looking for a book for their children and this is the book that I recommend."

Dan Riley, MS
Strength and Conditioning Coach
Houston Texans
Houston, Texas

"Cardiovascular disease, cancer, back problems and other musculoskeletal ailments are things that we read and hear about every day and sometimes it hits close to home. Yet, something can be done about it. Start the journey by taking the first steps. This book can give kids and grownups the facts that they need and a game plan for them to get it done!"

Ed Cicale, MA
Physical Education Teacher
Oak Hills Schools
Cincinnati, Ohio

"It's great to see the authors taking action to put youth fitness back on track. Over time, America has strayed from the importance of physical activity in the daily routines of its school-aged children. Having a book like this that focuses on a plan of action for youth fitness is certain to be a valuable resource for teaching parents and kids the many benefits of a healthy lifestyle."

Mary L. Wolk, MS, H/FI, ACE-CPT
General Manager
Georgetown Law Sport/Fitness Center
Washington D.C.

"Finally, a book that doesn't sugarcoat the issues that are associated with youth fitness but addresses them honestly, openly and candidly. As a high school teacher, this book really made me evaluate my own program and look at how I can implement some of its suggestions to better serve my students and athletes. The book is a great read for coaches, parents, teachers or anyone who influences the lives of young people."

Doug Scott, BS, CSCS
Fitness Coordinator
The Pingry School
Martinsville, New Jersey

"Youth Fitness: An Action Plan for Shaping America's Kids is essential for every parent, coach, trainer, therapist and doctor who deals with children and adolescents. If you're trying to maximize athletic performance for elite or recreational youths, this book is a vital resource"

Dr. Adam Shafran
Fitness Expert, Author, Radio Host and Chiropractor
Atlanta, Georgia

"Youth Fitness: An Action Plan for Shaping America's Kids is an educative approach to not only understanding the health concerns of America's youth but also how to develop a proactive plan to get them fit and keep them fit. The authors do a great job of guiding the reader through a comprehensive look at what fitness means for our youth as well as a practical, step-by-step approach to creating desired fitness outcomes. This is a must-read for parents and educators alike."

Brian J. Wilt, PhD
Instructor
Recreation Management Department
Lock Haven University of Pennsylvania
Lock Haven, Pennsylvania

"In today's fast-paced society, the typical high school and middle school student wants instant results and isn't willing to work very hard to get those results. The authors provide readers with an excellent source of information to start the road back to a higher level of physical fitness and health. It's an excellent resource for health teachers, physical education teachers, coaches, parents and young adults."

Mike Shibinski, MS, CSCS
Strength Coach/Physical Education Teacher
Princeton High School
Cincinnati, Ohio

"There is no doubt that kids are in very good hands as the authors are highly innovative educators who took the time to address an issue that has no parallel in significance: the health of a nation's youth! This book should be read by parents, coaches, trainers and physical educators not just in America but worldwide."

Randy Roach
Author and YMCA Canada Trainer
Waterloo, Ontario

"Youth Fitness: An Action Plan for Shaping America's Kids is an absolute must for all physical education teachers and fitness professionals. Many books talk about the low fitness levels of today's youth but few offer any practical solutions to the problem. This book gives the practitioner easy to follow steps to improve children's fitness. It's an invaluable tool for our physical education department."

Ryan Carlson, MEd
Health/Physical Education Teacher
Chaska Middle School West
Chaska, Minnesota

"This book is a long overdue source of reliable information. In light of epidemic health issues in America's youth, the authors address these problems based on sound academic research. Youth Fitness: An Action Plan for Shaping America's Kids should be on everyone's bookshelf."

Joe Ross
Head Football Coach
Jesuit High School
Tampa, Florida

"This book looks great! I like the fact that someone is finally writing a book that will help parents of young kids. Many parents really do not know what their son or daughter needs to do to improve fitness. I have this discussion at least once a week with parents. This is a must-read for all youth coaches."

Gary M. Raike, BS
Strength and Conditioning Coach
Woodridge, Illinois

"Youth Fitness: An Action Plan for Shaping America's Kids is a must-have resource for physical education teachers, coaches, recreation directors, parents and anyone else interested in improving the declining fitness levels of our nation's youth. All the bases are covered in an organized, comprehensive, yet easy-to-read manner. No fads or gimmicks; this book presents a safe, orthopedically age-appropriate plan to address a nationwide need."

Scott Hays
Strength and Conditioning Coach
Fowlerville High School
Fowlerville, Michigan

"Youth Fitness: An Action Plan for Shaping America's Kids provides invaluable information that is both practical and comprehensive. The organization and thoroughness of this book are outstanding. Applying the sound and easily understood principles that are advocated by the authors can change America's future. This book should be in every library in the United States."

Steve Baldwin, MS, CSCS
Strength Coach and Owner
Just Strength Training
Nashville, Tennessee

"Youth Fitness: An Action Plan for Shaping America's Kids is timely in delivering a critical message that our children are at great risk due to sedentary lifestyles, lack of exercise and poor nutrition. At the same time, this book acts as a valuable resource by providing a practical, commonsense approach to getting fit and staying healthy. I applaud the authors for leading the way to a happier and healthier lifestyle for our children!"

Kelly Rosa-Bian
Health and Physical Education Teacher
Shady Grove Elementary School
Ambler, Pennsylvania

"As a clinician who has labored long in the field of youth fitness, I feel quite strongly about the overall health benefits of exercise. This book is innovative, yet easy to read, and contains a proactive approach to tackling the fitness problem within our youth population. Physical education, health and fitness professionals: Read this book!"

John Mikula, CTRS, H/FI, CCS
Recreational Therapist
Gainesville, Florida

"The authors have tackled a daunting task for kids, educators and parents alike by creating a much-needed fitness plan for the youth of America. Everybody says obesity is a problem but I am glad somebody is finally providing a comprehensive book to provide education and an actual plan specifically to help kids get fit."

Ryan Ash, MS
Teacher and Strength and Conditioning Coach
Howell High School
Howell, Michigan

"Everything trickles down. And so it has come to fitness and planned routine exercise. Adults have been doing it for years and finally the benefits for our youth have been discovered. Little has been done to study, research and design well-made exercises for teens and pre-teens. The authors have given many in the fitness business a manual for planned, well-designed exercise. Coaches and parents interested in their youths can benefit from this book."

Sam Stern, MEd
Fitness Coach and Personal Trainer
YMCA of Philadelphia and Vicinity
Philadelphia, Pennsylvania

"The drastic and continual increase in childhood obesity and inactivity and the host of related complications in the United States is a foremost concern for parents, educators and medical professionals. The true value of this book is that it is not merely another fitness book that simply recites popular exercise and nutrition fads and fallacies. Instead, the authors decipher fact from myth as they provide a safe, effective and scientifically efficacious guide to improving youth fitness."

Luke Carlson, MS
Chief Executive Officer
Discover Strength Personal Fitness Center, Inc.
Plymouth, Minnesota