

Web Search powered by **YAHOO!** SEARCH

  
 

[News](#) [Business](#) [Sports](#) [Entertainment](#) [Life & Style](#) [Multimedia](#) [Interact](#)

[Home](#) ► [Blog Zone](#) ► [Fit Bits](#) ► [Fitness](#) ► [The 8 Colors of Fitness — energetic package](#)



08.19.2008 3:58 pm

### **The 8 Colors of Fitness — energetic package**

By Harry Jackson Jr.

[✉ Email this](#) [🔗 Share this](#) [🖨 Print this](#)

Nowadays, authors who write how-to books must also be Web producers in order to create an interactive package for readers. "8 Colors of Fitness" by Suzanne Brue connects fitness to your personality type. By avoiding one-size fits all fitness regimens you'll come up with a formula that keeps you interested.

The book and website offer tests to show you your fitness personality, and then instructions on what do to to create a personal program that's explained through colors.

For example:

- Blues are guided by clear fitness goals and objectives.
- Silvers are energized by new ideas and possibilities.
- Reds love to be where the action is.

Of course, all of the results of the tests are flattering and no color says you're doomed to spend the rest of your days on a couch watching reruns on extended cable. Still a good element of pairing a website and book is that you can examine the tone and usefulness of the website and get a feel for whether you want to drop the dollars for a book.

With "8 Colors," you'll find it full of energy and optimism And the idea of finding a way to customize your own family of fitness measures could be just what you need.

Price: \$20.99;

Publisher: Oakledge Press

187 Pages.

★ ★ ★ ★ ★ (No Ratings Yet)

🔄 Loading ...

Tags: 8 Colors of Fitness, color-coded fitness, fitness personality, Suzanne Brue

Share your thoughts here.... **(Please keep it civil. Don't say anything you wouldn't in front of your mother.)**

Blog Comments: Rules of the Road

