

Former Mr. America Reveals How to Lose Weight, Stay Fit

At a time when obesity has reached epidemic proportions, a man with a world-famous physique has come forward with detailed information on how to lose weight and get physically fit. Dave Draper—the former Mr. America, Mr. World and Mr. Universe—reveals the tricks in the quest for fitness in his forthcoming book, *Your Body Revival: Weight Loss Straight Talk* (On Target Publications, August, 2002, \$18.95).

Unlike gimmicks and fad diets that falsely promote quick results with no effort, Draper emphasized that his recommendations are “simple but not easy”. However, he believes—and has witnessed—once people begin to adopt a healthful lifestyle, it becomes increasingly easy to continue because “Getting stronger every day in every way is exhilarating.”

Elements of Draper’s advice and philosophy include:

- Eat smaller meals more frequently throughout the day. Don't count on aerobics alone to trim and tone your body. Resistance exercise is the panacea. Be strong.
- Don't starve yourself. Low calorie diets lead to calorie storage—fat storage—and skeletal muscle deterioration. Furthermore, with a shortage of blood sugar to the brain, thinking becomes more difficult.
- Junk food, TV and the couch are cultural terrorists.
- Somewhere along life's journey we have forgotten our responsibility—our obligation—to care for our body and maintain its well-being.

The decision to lose weight is a lifestyle change and there is no quick fix. Discipline is required, Draper notes. “Fat loss and muscle development are directly proportional to discipline.” His detailed information on nutrition and exercise helps the reader establish and achieve reasonable goals, while clearing the confusion resulting from today’s conflicting information.

Draper gained fame as the “Blond Bomber” in the 1960s and '70s, when his picture appeared on the covers of every fitness magazine, he was in numerous television shows and starred in several popular movies. Last year, he won critical acclaim for eloquent writing in his first major book, *Brother Iron, Sister Steel*. In *Your Body Revival*, he has further honed his craft as a writer, with prose that makes healthful food and exercise intriguing, inspiring. His writing tone is that of a personal trainer, firmly instructing the reader to take action to get into shape, without insulting or putting down those who have fallen into unhealthy lifestyles.

Draper, now 58, operates two World Gyms in Santa Cruz, California, and a popular fitness website, www.irononline.com, where he writes a weekly e-mail column that reaches over 10,000 fitness enthusiasts.

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