

Legendary leadership expert Ken Blanchard shares a new way for you to stay committed to your personal fitness program, and training professional Tim Kearin shows you how to get fit at any age.

“I’ve been in the fitness industry for more than thirty years, so I know how important it is to keep your body healthy and fit at every age. My hope is that everyone everywhere will realize the transforming effects of a lifelong commitment to health and fitness. I’m so glad Ken has done it—and you can do it, too! Read *Fit at Last*!”

—Denise Austin, fitness expert and author of twelve books, including *Side Effect: Skinny*

“I’ve known Ken Blanchard as a friend and mentor for over thirty years. I’m thrilled that he has become fit at last so we’ll all have him around for many years to come. Read the book, make the commitment, and achieve similar results for yourself.”

—John Calipari, head basketball coach, University of Kentucky

“To accomplish important goals in your life, having a good coach can really help. Read *Fit at Last* and learn how powerful a good support team can be. Thanks, Tim, for sharing how you’ve helped Ken on his health and fitness journey.”

—Don Shula, NFL coaching legend

“Ken Blanchard has long helped businesspeople keep their companies at peak performance. Teaming up with trainer Tim Kearin for *Fit at Last* is perhaps his greatest contribution to the health of corporate America—demonstrating that physical well-being is an essential element of success on every front.”

—Harvey Mackay, author of the #1 *New York Times* bestseller *Swim with the Sharks without Being Eaten Alive*

“In the Army, teamwork and discipline are key to building successful teams and leaders. In *Fit at Last*, Ken Blanchard and Tim Kearin team up to deliver a disciplined, holistic formula laced with personal challenges and successes that many of us have experienced in our quest to maintain physical fitness. This book will inspire you to not only begin but persevere toward the sheer joy of being fit—at last.”

—Lieutenant General Robert Caslen, United States Army

Connect with the authors

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