

Praise for *The One Minute Manager Gets Fit*
The Fourth Book in The One Minute Manager Library Series

"*The One Minute Manager Gets Fit* is not a fad or 'quick fix' book. It provides sound medical and fitness advice for anyone who is seriously interested in lifelong health and achievement."

—LEE RICE, D. O.
Founder and Medical Director,
San Diego Sports Medicine Center;
Team Physician, San Diego Chargers
and 1984 Olympic Gold Medal U.S. Men's
Volleyball Team

"*The One Minute Manager Gets Fit* is sound advice. It is simple, straightforward and tells you how to go for your own 'gold' in personal excellence. I'd give this book a perfect 10."

—PETER VIDMAR, Double Gold Medalist;
Captain, 1984 U.S. Olympic Champion
Men's Gymnastic Team

"I'm going to make *The One Minute Manager Gets Fit* required reading for all my patients who have had heart attacks or heart surgery. Better still I wish it could be required for everyone before they become cardiac patients." —ROBERT B. COPELAND, M.D., F.A.C.C.

Director, Georgia Heart Clinic

"A wonderful guide to total body wellness for overstressed and overfed executives. *The One Minute Manager Gets Fit* offers a simplified approach to integrating fitness into the executive life-style."

—JUDY SHEPPARD MISSETT
Founder of Jazzercise

"An amazing book about true fitness—achievable by everyone"

—DR. NORMAN VINCENT PEALE
Author, *The Power of Positive Thinking*



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