



# Spot On: Nutrition: A holistic strategy for optimal health and performance (Volume 1)

*Andrew Johnston*

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While some say it's not truly possible to be fat and healthy, it's quite easy to be skinny and sick. These days it's sadly all too simple. Follow a fad diet. Emulate reality weight-loss shows. Some of you may need go no farther than your doctor's office and ask for a prescription. Drastic diets or intense exercise or even fancy injections and supplements can all make you thin. Yet they can never make you healthy. True health is never extreme. Merging simple with science and a generous supply of common sense, Spot On: Nutrition focuses on the truth--a concept widely forgotten in recent years. Or maybe it's just the idea that's been lost as "experts" inundate us with misinformation. It's time to become your own guru. This book will help you do just that.

Author of Holistic Strength Training for Triathlon, Andrew is a former professional cyclist, the first Leukemia Survivor to qualify for and finish the Hawaii Ironman World Championships, the first Leukemia Survivor to win an Iron Distance Triathlon, and twice voted One of the Top Trainers in America by Men's Health. Don't believe him when he says he's "officially retired from competition." He's simply focusing most of his energy into various creative projects, including raising a son -- his biggest feat yet! Andrew also has several more books in the Spot On series nearing completion. So with a little luck (and maybe a shower sacrificed here and there), he'll get those other works published soon. His readers will then be able to combine the other Spot On subjects with optimal nutrition to enjoy the health that is their birthright.

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