

PENN BOOK REVIEW TEAR SHEET

TITLE INFORMATION

No Sweat: An introduction to Spread-Workouts and the 3-6-10 Health and Body

Ryan Perry & Sean Perry

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BOOK REVIEW

The Wellness Brothers, Sean and Ryan, offer a pragmatic approach to fitness; one that anyone can follow. Extremely valuable and insightful.

Their message is clear: “some [exercise] is better than none, so never settle for less than a little.” Exercise and convenience are not often used in the same sentence, however they should be, according to The Wellness Brothers. Sean and Ryan describe themselves as always having been active, but it would seem that Ryan was naturally more fit. It soon became clear to Sean that Ryan was not “naturally” more fit, but actually had been exercising a little here and there. Ryan was always convinced that every move counts. He often found himself doing any amount of work that he could, in whatever time was available. The **NO-SWEAT** ideology shows that regular fitness is for everyone—especially those that often say: “I have no time,” “It’s too difficult,” “Gyms are too expensive,” and “I just don’t like to get sweaty.” The brothers suggest a focus on *periodization* as a means to balance workloads and rest throughout training to *maximize* its effectiveness.

Ryan and Sean’s 3-6-10 regime will reshape the common way that fitness is portrayed. Much like anything in life, less is sometimes more and it’s always better than nothing at all when it comes to fitness.

This book is not merely aimed at using exercise to reshape the body, but to help with an overall healthier approach to daily life. **NO-SWEAT** not only offers a new perspective on fitness, it also introduces the reader to a fresh mental-approach to the task. With the help of The Wellness Brothers—getting fit has never been easier or more convenient. It’s literally “no sweat.”

Overall, this book is a great informational and motivational tool for exercise-enthusiasts and beginners alike. A clear and well-written, dynamic take on what it means to be fit and how to get there.

REVIEWER INFORMATION

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