

# GET HEALTHY, GET HAPPY

## How to Make Small Changes that Give You Big Results By Julie Isphording

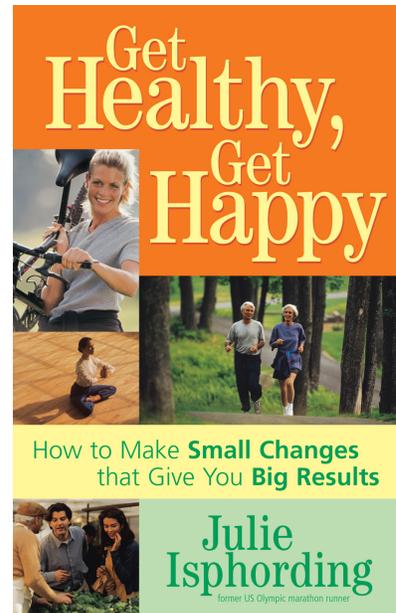
Statistically, Americans are more overweight, more tired and more stressed than they've ever been. But it didn't happen overnight. It took time for people to let their gym memberships lapse and stop eating healthy, so to get back on track and undo that damage, it's necessary to take small, manageable steps. Former Olympian Julie Isphording explains how in her new book, **GET HEALTHY, GET HAPPY: How to Make Small Changes that Give You Big Results** (April, \$14.95, Clerisy Press).

In a friendly but expert voice, Julie, a world-class athlete, motivational speaker, and radio show host, offers readers simple tips to improve eating habits, workouts, motivation and general health. As she asks in the introduction, "Wouldn't it be wonderful to live happily ever NOW?" With **GET HEALTHY, GET HAPPY**, readers can start making those small changes right away.

**GET HEALTHY, GET HAPPY** is broken into four, easy-to-consult sections:

- In sections 1 and 2, she shares easy, effective ways to lose weight and eat smarter while revving up exercise routines for real results
- In section 3, she shares the best ways to stay motivated and positive, not only while working out, but at home, at work and in relationships
- Julie also believes that learning the science that keeps bodies healthy can make a huge difference, and she devotes the final section to these issues
- Plus, a handy list of more than 30 helpful websites so readers can learn more on their own

**Julie Isphording** is a 1984 Olympian and ran the first ever women's Olympic marathon. She won the Los Angeles Marathon and was the top American at the New York City Marathon, the Boston Marathon and the Goodwill Games. She is an award-winning NPR syndicated radio talk show host & producer, television personality, and writes a syndicated monthly column. She is also a popular motivational speaker who speaks to Fortune 500 companies and charitable organizations across the country. **GET HEALTHY, GET HAPPY** is her third book. She resides in Cincinnati, Ohio.



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#### How to Make Small Changes that Give You Big Results

By Julie Isphording

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You may also download the full press kit at [www.thehealthystuff.com](http://www.thehealthystuff.com)