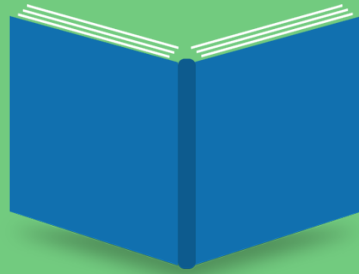


The 7 Best Fitness Books to Buy in 2018

For many people, one of the most difficult goals to achieve is fitness. More than losing weight with a quick diet scheme or trying to build muscle through a new fad workout, fitness typically means something deeper.



- ☐ Best Overall: The Fitness Mindset by Brain Keane's
- ☐ Runner Up: Academy of Nutrition and Dietetics Complete Food and Nutrition Guide by Roberta L.Duyff
- ☐ Best Budget: Bigger Leaner Stronger by Michael Matthews
- ☐ Best Motivational: No Sweat by Michelle Segar
- ☐ Best Nutrition: Fitness Nutrition: The Ultimate Fitness Guide by Nicholas Bjorn
- ☐ Best for Women: Roar by Stacy Sims
- ☐ Best for Men: The Men's Fitness Exercise Bible by Sean Hyson C.S.C.S.