



Body Rx: Dr. Scott Connelly's 6-Pack Prescription

By A. Scott Connelly, Carol Coleman

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The fitness and fat-loss program that keeps star athletes like Jason Sehorn and Troy Aikman in peak condition also has the power to enable a sedentary housewife to lose one hundred pounds, while providing everyone in between with the tools needed to exceed their physical goals. *Body Rx* is that program. It has changed the lives of thousands. And it can change yours. The genius behind *Body Rx* is Dr. A. Scott Connelly, the founder of the sports nutrition movement, and the inventor of MET-Rx, the world's bestselling sports supplement. For years, the five million regular MET-Rx users have been clamoring for Dr. Connelly to put his legendary program into book form. The time has finally come.

In *Body Rx*, Dr. Connelly reveals his 6-Pack Prescription for a great body. Cutting-edge metabolism research teaches us that the only way to get a better body is to make muscle and burn fat. Calorie counting, endless aerobics, and food deprivation will only rob you of muscle and make you fatter. Through four six-week cycles dedicated to getting stronger, getting sculpted, burning fat, and maintenance, *Body Rx* is an easy-to-follow exercise and diet plan designed for results.

Dr. Scott Connelly follows his own advice, and it shows. At fifty, he is six feet five and a lean 220 pounds of solid muscle. Dr. Connelly is the ideal combination of a trusted physician and hard-charging personal trainer. His passion for building healthier, better bodies will take *Body Rx* to the front ranks as one of the most effective, original, and popular books in the field.

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Editorial Review

Amazon.com Review

"You can have the body you want," promises A. Scott Connelly, M.D., a physician, personal trainer, sports nutrition specialist, and sports-supplement designer. His "6-Pack Prescription" is a program of four six-week cycles (strength training, sculpting, fat burning, and maintenance/endurance), each with its own eating plan, exercise program, and optional supplementation. Six months, promises Connelly, will give you the body you want.

"To change how you look on the outside, you need to reverse what's happening on the inside" by reprogramming your body to manufacture muscle, says Connelly. He emphasizes "nutrient partitioning," the principle that "a metabolic traffic cop" directs nutrients into fat-burning muscles or parks them as stored fat. Ingredients and additives in the foods we eat cause nutrients to move into the fat-storage parking lot instead of the fat-burning expressway. He recommends eating plenty of high-fiber complex carbohydrates and low-fat protein, and eliminating processed foods containing fructose ("the Stealth bomber of sweeteners"). Although Connelly designed a line of supplements marketed by Met-Rx, he restricts his supplementation recommendations to one short chapter and does not push his own line. Connelly's exercise program focuses on weight training, with 20 exercises divided into four different weekly workout sessions. Illustrations of the exercises, which work all the major muscle groups, include both machine and free-weight options. Charts--both filled in with his prescription and blank for you to log your actual program--are provided for meal planning and exercise. --Joan Price

From Booklist

Gym owners and franchisees will flock to Connelly's side, as will manufacturers of strange supplemental substances such as HMB, DIM, and creatine monohydrate. With all the credentials in the world (and a body to boot), this physician-researcher underscores the truths of the most recent diet findings: that protein-fiber is the food key and weight training is the workout key. He calls his regimen a six-pack--four cycles of six weeks each, starting with strengthening, sculpting, then burning fat, and maintaining. There are series of power exercises, with explicit directions about sets and repetitions, and there are answers to obvious and complicated questions, such as the benefits of aerobics (not much, he says) and the need for stretching (ditto). Whatever works--and, with diligence and practice, this plan just might. REVWR

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About the Author

A. Scott Connelly, M.D., has devoted his life to the study of the science of nutrition and fitness and is considered one of the world's leading experts in the field of human nutrition and metabolism. The inventor of MET-Rx Engineered Nutrition, he also founded UCLA's A. Scott Connelly Center for Nutrition Science.

Carol Colman is the coauthor of the bestselling health books *The Melatonin Miracle* and *Shed Ten Years in Ten Weeks*.

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Jason Serrano:

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Keely Charles:

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