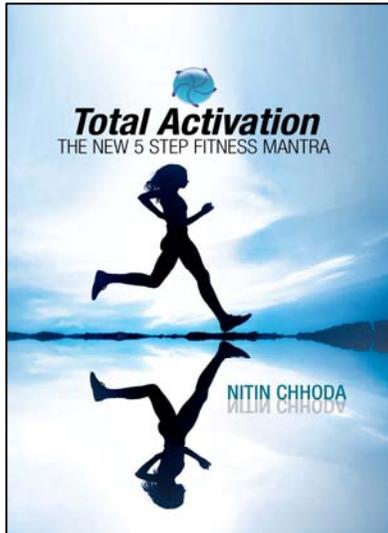




Trade Information for *Total Activation: The New 5 Step Fitness Mantra* By Nitin Chhoda



Title: *Total Activation: The New 5 Step Fitness Mantra*

Author: Nitin Chhoda

Web: totalactivationbook.com

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Summary: In his new book *Total Activation: The New 5-Step Fitness Mantra*, health and fitness expert Nitin Chhoda traces the roots of America's health problems, and offers an alternative: India. According to Chhoda, physical well-being is just one component of the health equation - emotional, social, spiritual, and intellectual components also need to be activated. These five areas can be improved by close attention to the tenets of Indian culture, such as yoga and meditation. The result is more energy, reduced levels of stress, and a healthier body.

About the Author: A native to Mumbai, India, Nitin Chhoda is now one of today's top health and fitness experts here in the United States. After getting acquainted with American diet and lifestyle, Chhoda realized there was a real need in the U.S. for some of the traditions he left back home. He aimed to bring a holistic healing approach to this country, and the Total Activation system was born. Designed to improve well-being on five levels, including physical, emotional, intellectual, spiritual, and social components, Chhoda now helps clients transform their well-being from the inside and out.

Chhoda is a licensed physical therapist, fitness columnist for *The Observer*, and a sought-after public speaker. In addition, he is a member for the National Strength and Conditioning Association and the National Academy of Sports Medicine.

Early Praise:

"*Total Activation* is the new fitness revolution. Nitin has presented a simple and powerful wellness plan for today's American."

—Jillian Michaels, Trainer on NBC's *The Biggest Loser*

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