



# **The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness**

*Philip Maffetone*

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Dr. Maffetone's unique training system for champions proves that the kinder, gentler approach actually works the best. This fitness regimen has worked for champions and non-athletes alike- because it's based on Dr. Philip Maffetone's deep understanding of how the body works. Maffetone has used that knowledge to develop The Maffetone method, his successful low-stress fitness program, which can be tailored to any individual. It means "training slower to go faster," says Mike Pigg, world champion triathlete and Maffetone client. The Maffetone Method includes: A ten step program to reduce stress and increase overall fitness; Exercise techniques designed for increased results with decreased pain; The real lowdown on some of those fad diets. In short, this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block.

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