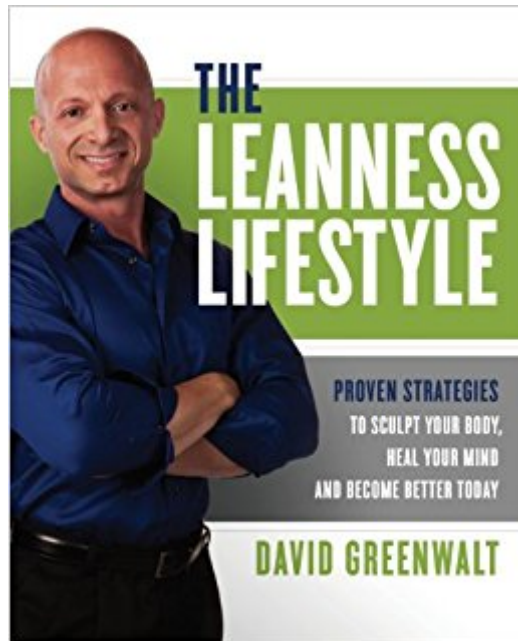




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# The Leanness Lifestyle



## Synopsis

The Leanness Lifestyle is a complete body-transformation resource for women and men sick of dieting and ready to permanently lose weight and get in shape.

## Book Information

Paperback: 476 pages

Publisher: Self-published (September 5, 2000)

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Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.2 out of 5 stars 58 customer reviews

Best Sellers Rank: #1,747,232 in Books (See Top 100 in Books) #65 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Region > New England](#) #2976 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Technique](#)

## Customer Reviews

David Greenwalt is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association. He has worked closely with men and women from all over the world since 1986 and provides a truly unique and valuable perspective for anyone interested in looking and feeling better.

This first came out around the time when Body for Life exploded onto the scene. The first version (and maybe the first couple) were self published by the author and came in a three ring binder. I always kind of saw this as a more "beefed up" version of Body for Life. A good resource for people who hit a plateau doing BFL but were still relative beginners. This does have some of the motivation and "fluff" that people that are more advanced may be turned off at, but it is also a book that you don't necessarily have to read cover to cover to get useful information out of it. The thing that separates this program from ones like Body for Life, it is far less cookie cutter. Instead of the eyeballing portion method of BFL, this one has you figure out your metabolic rate and caloric needs, then has you put together an eating plan based on those numbers, and staggering the amount of calories you eat from day-to-day. So it is far more individualized than a one-size fits all approach. David also goes with a two cheat meal per week approach as opposed to the cheat day. So you

have to be far more strict with your nutrition and committed to being so. He also gives examples of different workout plans, which are nice if you are getting bored with your current workout. Like any kind of book of this nature it is not going to be for everyone. And like any exercise program and nutrition plan your results are going to depend on the effort you put in. Personally I liked the book and got some helpful information from it.

This book is full of realistic helpful tools to help on your weight loss journey, It's worth investing into the read

The Leanness Lifestyle represents the standard of excellence in the health and fitness field. The author who practices what he preaches has created a masterpiece of information and inspiration in the areas of fitness and nutrition. David Greenwalt's comprehensive approach not only contains the latest proven science in the areas of health and fitness but also broaches the important areas related to food addiction and ways of setting and achieving goals. I heartily recommend this book for those who are tired of the hype and are interested in the facts!

Way too wordy for me. Probably more suitable for people who already have no motivation. Just doesn't cut to the chase for those who already are committed to being fit. Just too full of fluff and talk, and hard to see through it all to what matters. A challenge for the Author: try and re-write it in 23 pages. It will be more concise (just get to the key points) and I'd probably buy it again to see if it is useful.

Below are some reviews of Dave Greenwalt's program which the book is based on:

Michele  
The "Coach" is the problem here - he has such a tone of superiority and a need to be right always. There's no room for anyone's ideas in his program - it's his way or the highway. I chose the highway! Life is too short to put up with someone who is so negative. There are other good options for getting help, motivation and instruction for a healthy diet. Yes, it's a diet! Good luck!!  
posted Aug 27th, 2012 9:21 pm

Joe  
The site is run by Dave Greenwalt who is notorious for ridiculing and insulting clients. He thinks nothing of removing paid clients (without refund) from his "boot camps" when they don't comply with his unreasonable demands. There are many reputable sites on the internet. This is not one of them.  
posted Jul 19th, 2012 4:29 am

Garyl  
I was involved with Leanness Lifestyle for quite a while and while there are some good tools on the site. The problem is with Dave Greenwalt. He refers to himself as "coach" and I have seen him act very abusively to clients. There

are many quality fitness sites that act professionally and treat clients with respect. This site is definitely not one of them. I would stay away from this site.  
posted Jul 6th, 2012 7:00 pm  
LizThe program is ok; high level of accountability in both your exercise and eating. Good information, generally. Unfortunately, much of the message is overshadowed by the negative style of "The Coach". His caustic tone, belittling approach and need to be constantly superior became too negative for me. Threats of fines of up to \$500 for not completing an assignment? Come on, that's just taking things too far. I wanted to work the program, but didn't enjoy being treated like a middle school-er. Not for me.  
posted Jun 29th, 2012 3:05 pm  
Michael had worked with Dave Greenwalt for some time and found him to be at times highly abusive and unfair to clients. I would stay away from this site.  
posted Jun 8th, 2012 1:51 pm  
Frances ALeanness Lifestyle is run by an individual who goes by "the coach". He can be quite rude, condescending, and even abusive. I would highly recommend keeping away from that site.  
posted May 11th, 2011 8:43 am

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