

# Writer's Digest

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## First Prize

### 10th Annual International Self-Publish Book Awards

**CATEGORY: Reference**

**EVALUATION FOR TRAINING FAN** by Andrea Barash

This clever book—if you can really call it a “book”—perfectly matches form to function. Slim enough to pop in a gym bag, water-resistant and designed to enable easy hands-free reading of any page, it’s a handy take-along companion for health clubs and gyms, or for toting on trips. The format is equally smart: I like how the areas of the body are clearly differentiated by color coding. Within each section, it’s also helpful the way the author has broken down the exercises according to whether they require no equipment, minimal equipment or exercise machines. The illustrations at the beginning of each section let you see exactly which muscles you’d be working on. And each exercise is self-contained on one card, one side, with small but easily understood photos (representing a nice mix of gender and ethnicity) and a straightforward statement of benefit. The training tips with each exercise are a useful addition, too. I’d wondered what the heck the author might put on the backs of the card—a problem she cleverly solved by putting a training log there. Overall, a very strong idea attractively and logically executed.



Melanie Rigney, Editor

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