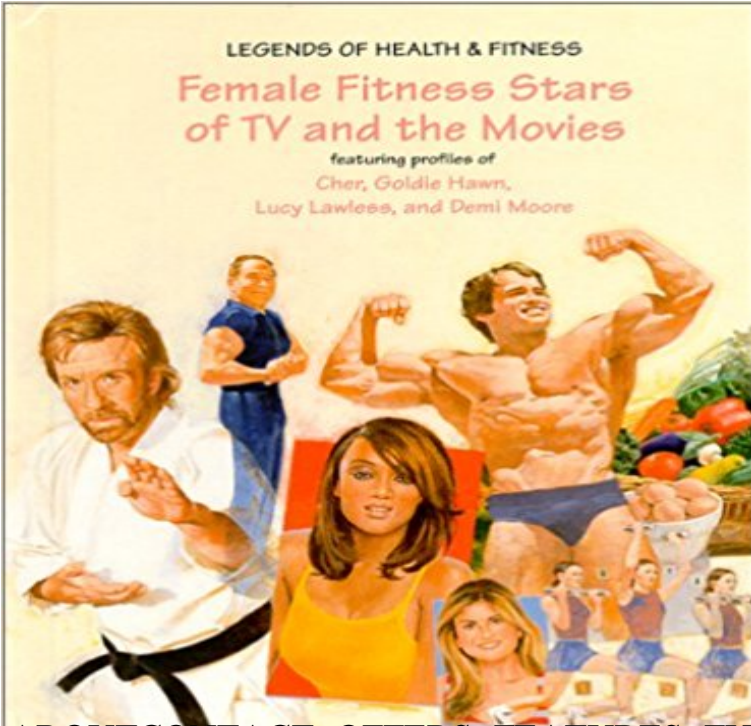


Female Fitness Stars of TV and Movies (Legends of Health & Fitness)



Collective biography series featuring profiles of 40 fitness role models for young adults who want to lead a healthy and fit lifestyle. Each book focuses on a particular sport or facet of health, nutrition, and fitness. Profiling actresses who want to stay fit to look good in front of the camera: Demi Moore, Cher, Goldie Hawn, and Lucy Lawless

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