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Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike

Selene Yeager, the editors of Bicycling

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Bicycling magazine's resident Fit Chick delivers a weight-loss plan designed to help readers lose 30, 50, or even 100 pounds by riding a bike and eating sensibly.

Forget gym memberships and running shoes. The best way to lose weight is on a bike. In *Ride Your Way Lean*, *Bicycling* magazine columnist Selene Yeager provides readers with a comprehensive cycling plan that allows them to shed fat, streamline their bodies, and hone their skills on a bike. Cycling is gentle on the joints, easy to do with friends and family, and burns literally thousands of calories without being a bore or cause for suffering.

A weight-loss program for people who want to drop pounds of fat while learning a new sport, this book offers training plans that turbocharge metabolism along with complementary nutritional advice. Each chapter is seasoned with anecdotal tips, success stories, pitfalls, and other advice from real people who have ridden themselves lean.

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