BOOK REVIEW

Title: THE COMPLETE GUIDE TO TOTAL FITNESS
Authors: Jan Percival, Lloyd Percival and Joe Taylor
Publisher: EP Publishing Limited, Wakefield, West Yorkshire
Price: £3.95 Soft glossy cover
224 pages including index
142 diagrams/pictures

The first reaction to any book that includes “fitness” in its title is to enquire ‘fit for what’. At the offset this book makes it clear that it is designed to enable the ordinary person to obtain more enjoyment out of life by the relatively simple means of becoming fitter for ones every day activities and recreational pursuits. It gives a mass of sound advice with easily understood explanations and suggests programmes for all aspects of general fitness. In offering reasons why many fitness campaigns fail, it suggests that this is because there are no long range objectives and short term goals and clearly lays down that the candidate must have a great deal of willpower and stick religiously to a mapped out programme, but I can find no mention that an organised plan of fitness is easier under the guidance of a coach and mentor, or in the class situation. It is doubtful if the general population to whom this book will apply would ever make the best use of its contents without outside support and encouragement. A more dynamic approach to fitness might be preferred but overall this is a useful book that could do well on the bookstalls.

It has a good index, a few bibliographical notes and a useful table for those imperialists who have not yet converted to the metric system.

The late Lloyd Percival, whose daughter Jan continues the work she has shared with him, lists no formal qualifications but has been involved in broadcasting, writing and lecturing on fitness over a period of many years, particularly in Canada, as well as being associated with the coaching of top athletes and teams. The freelance Journalist, Joe Taylor, has collaborated with a number of publications. Lynn Davies thinks sufficiently of the book to write the foreword and quotes Lloyd Percival, who perhaps in a cynical mood said: “Get fit and you will enjoy your vices more”.

David P. Chapman