



# Ultra-Fat to Ultra-Fit: A Scientist's Rational Approach to Extreme Weight Loss and Optimal Fitness

*Noah Walton*

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In a world where 95% of diets fail, one scientist set out to discover what we're really capable of. His book answers a seminal question every overweight person has asked themselves: If I really buckled down and tried to get in shape, just what could I accomplish? Armed only with his wits and a desire to lose weight, our intrepid author?geneticist Noah Walton?transformed himself from a 341-pound blimp into an elite athlete.

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