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<http://intpforum.com/showthread.php?t=7088>

The Skinny: Weight loss tips, workout and exercise -

Suzanne Brue about her new book, The 8 Colors of Fitness: Discover Your Color-Coded Fitness Personality and Create an Exercise Program You ll Never Quit!

http://weblogs.sun-sentinel.com/features/health/theskinny/blog/skinny_bookshelf/

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<http://www.sfgate.com/living/article/The-8-Colors-of-Fitness-tries-to-motivate-3282208.php>

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