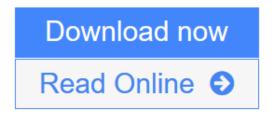


# The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym

Lori L. Pines



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You set the alarm for 5:00 am, skipped breakfast and braved traffic to get to the gym, only to find your workout Zen crushed by space invaders, super-talkers and gym slobs. You know the type-you'll find them hogging the locker room bench, gabbing loudly on their cell phones, and leaving used tissues and sweaty towels everywhere.

Author and New York City attorney Lori Pines loves her daily workout, and thinks we are all entitled to a peaceful, energizing session at the gym-but it would sure help if all gym-goers read this book! Featuring six gym types you don't want to be, this little book will help gym-newbies learn what behavior is OK, and help experienced gym-goers curb their "gym rage" and cope with their less considerate gym mates.

With satirical descriptions and hilarious illustrations, Pines pokes fun at stereotypical offenders—the slobs, hogs, space invaders, super-talkers, grouches and exhibitionists—while simultaneously promoting fitness and encouraging readers to be accommodating.

"Let's face facts—it isn't easy getting to the gym. You have to walk or drive there, change your clothes, psych yourself up for the pain and exertion, and then clean yourself up and change your clothes afterwards," Pines writes. "The last thing we need is a further deterrent to getting to the gym. That's why there is nothing more annoying than having to deal with people who don't know how to behave there."

Polite gym regulars will have a laugh, and maybe one or two gym "hogs" will find a copy of this book tastefully tucked into their bag!

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