



F-16 Fighter Pilot Announces New Fitness Book: Stay on Target

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Experienced F-16 pilot, Chris Lehto, just released his new fitness book, *Stay on Target: Use fighter pilot techniques to get and stay in shape*, today on Amazon. "By combining proven training techniques, entertaining and motivational fighter pilot anecdotes, and a sound scientific approach, *Stay on Target* is a paradigm shifting guidebook that will change the way you approach fitness and nutrition," says author Chris Lehto.

When asked why he wrote the book, Chris related his time as an exchange pilot in Turkey, "After finally finding a system that worked for me, I started training a few Turkish sergeants and a Pakistani F-16 pilot. The Pakistani became a good friend and when I left Turkey he held a small ceremony for me and told me "You changed my life, thank you." It was a great feeling and the motivation for this book.

The book is made up of three sections. The first part focuses on developing the correct mindset to be successful in making long term changes. The second part focuses on time saving and effective workouts that

will promote life health, and the third part focuses on nutrition.

Stay on Target explains that many people fail because they start out too hard. They are motivated to lose weight and get in shape but they try to change all their habits at once. By focusing on consistency instead of intensity, it explains, we can develop a program that we will actually follow to reach long term fitness goals.

Chris argues that our current understanding of calories and how the body uses those calories is incorrect. ?Your body doesn?t burn food. Our current calorie counting system is over 100 years old and is incorrect. I think we need a new paradigm for nutrition. The one we are using just isn?t working for the vast majority of people.?

The book is available today for download from Amazon.com.

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