



Father of Fitness

By Ken Heathcote

Paragon Publishing. Paperback. Book Condition: New. Paperback. 210 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. AN AUTOBIOGRAPHY FROM THE PIONEER OF THE INDUSTRY AN INSPIRATIONAL STORY OF ONE MANS ASTONISHING MENTAL AND PHYSICAL STRENGTH This is a story of one mans struggle to forge a business out of a hobby and how the business grew and became an industry. Starting with a blank sheet of paper in 1968, this industry is now worth billions. Somewhere along the journey I picked up the title Father of the Fitness Industry. My pioneering instincts saw me building the most successful health club of its time: the forerunner of a modern day culture. The reader will join me on that journey and share some staggering adventures. The solo run world record attempt from John OGroats to Lands End covering over seventy miles a day and filmed in its entirety by the BBCs Forty Minutes programme, in which I was tagged the multi-marathon man. My 50th birthday was celebrated with running fifty miles, lifting 50,000 lbs in a series of exercises in fifty minutes, playing five world class athletes at squash and ending the day with five hundred sit-ups. The journey took me to five...



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