



Jeff Rutstein

Former Steroid Abuser Takes the Grunt out of Strength Training

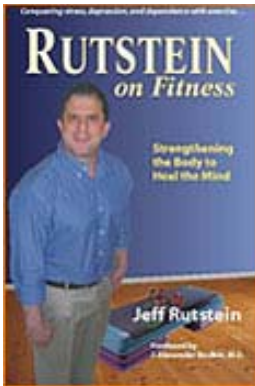
FROM STEROID ABUSER TO EXPERT fitness specialist, Jeff Rutstein has developed a unique exercise program, one that eschews the “no pain, no gain” philosophy of most gyms and the atmosphere that got him in trouble early in his weightlifting career.

Jeff Rutstein was addicted to body building, steroids, and drugs. When he quit cold turkey, his pulse rate went to heartattack level, and he was lucky to live. After recovering, he fell into a deep depression. Slowly, using exercises he calls “mindful movements,” he discovered that a light work-out, more meditative than exhausting, created a mind-body connection that eventually gave him back his self-esteem and physical health.

Today, Jeff shares his story of recovery and his exercise program that helps reduce stress and ease depression while improving physical fitness.

“Jeff’s striking story, and his experience with many clients, illustrates the tremendous psychiatric benefits of a rational exercise program.”

HARRISON G. POPE, Jr., M.D.,
co-author of *The Adonis Complex*,
Professor of Psychiatry,
Harvard Medical School



Jeff Rutstein’s new book
**Rutstein on Fitness:
Strengthening the Body to
Heal the Mind**

*“Jeff’s book will help guide you
to a new life.”*

BERNIE SIEGEL, M.D.,
author of *Love, Medicine &
Miracles*

With over 100 TV, radio, and print appearances (*The Washington Post*, ABC, NBC), expert fitness specialist, Jeff Rutstein, as a former steroid abuser, talks about:

- Why leading mental health experts prescribe his program
- The life of a steroid user, the physical and psychological effects, and his road to recovery
- How his kinder, gentler workout relieves stress
- 10 reasons why most people will never set foot in a gym

“What a moving and inspiring 30 minutes you gave my listening audience from taking us inside the world of steroids and painkillers to rising like a Phoenix to pull together all your life experiences and skills into a vital service; one different from all others.”

Barbara McCallum,
Host, *Your Peace of Mind*

Rutstein has been named:
Distinguished Personal Trainer,
by *American Fitness*
Outstanding Fitness Leader, by *Reebok Instructor News* and **The Best Samaritan,** by *American Health*

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