

FOR IMMEDIATE RELEASE

Press Release - COUCH to ACTIVE

Lyn Lindbergh's book, COUCH to ACTIVE receives 2018 Best Book Awards Finalist title.

COUCH to ACTIVE sores top honors in the 15th Annual Best Book Awards.

New book is in online bookstores everywhere for \$29.99/hardcover, and \$23.99/paperback.

Wednesday, November 21, 2018

Seattle, Washington (November 21, 2018) –

Lyn Lindbergh's book, COUCH to ACTIVE: The missing link that takes you from sedentary to active named a top finalist in the 15th Annual Best Book Awards competition. This year's competition yielded over 2,00 entries in over 90 categories.

COUCH to ACTIVE was the only exercise book that received an award in the Diet and Exercise category. <http://www.americanbookfest.com/health/dietexercise.html> Lyn Lindbergh's independently published book rose above other books with authors much more well known and published through traditional publishing houses.

Here book is not about self promotion. It's about spreading her mission.

"I know that deep down, most people care about exercise," Lindbergh says. "But telling them to just make exercise a priority is futile." She further explains, "There are literally thousands of fitness programs out there, and a lot of them are great. But the problem is, the hardest exercise of all is getting victory over the couch."

Lindbergh says she's on a mission to redefine how we view exercise.

Lindbergh adds, "People don't like to be told that their priorities are messed up. Even if it's true, it just leaves you feeling like a failure. People want to live lives they love, and they already know that means it must include exercise," Lindbergh says. "But they don't want to hate [exercise] or have it feel like one more chore to cross of the daily list."

"My surprise while writing the book was how much pain is out there," Lindbergh says. "People are sick and hurting, and they have chronic illnesses that make exercise difficult. They are not aiming for a bikini body or to win a race; they just want smile a little more. We need to meet them right where they are at, and show them how to conquer the couch in a way that also honors everything else going on in their lives."

Lindbergh also struggles with her own chronic illnesses that make exercise difficult. "At first I thought my own illnesses would be a threat to COUCH to ACTIVE, but I quickly realized that living the example of an active life with health struggles has given hope to so many others."

Her goal is that COUCH to ACTIVE will be instrumental in shifting nations from sedentary back to active lifestyles.

Lindbergh's rally cry – "No more exercise we hate!"

About Lyn Lindbergh

Lyn Lindbergh, president of COUCH to ACTIVE, is a certified personal trainer, group fitness instructor, certified mat Pilates instructor, and spent decades perfecting the art of staying active while combating a sedentary lifestyle.

About the Book

The book COUCH to ACTIVE helps people exercise consistently in a way that makes them smile more. It is a friendly step-by-step guide that works readers through behavior change and self-advocacy skills. Stories in the book include people working through fibromyalgia, rheumatoid arthritis, severe depression, bariatric surgery, quadriplegic tragedy, asthma, joint replacements, caring for others, and significant weight loss journeys. The book leaves readers with hope, compassion for themselves, and an action plan to sustain their new active lifestyle.

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Request a review copy of COUCH to ACTIVE here: beawesome@couchtoactive.com

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