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In *Death, Taxes & Push-ups*, Skup confesses his secret obsession with the exercise and how it transformed him into a "lean, mean, pushing machine." He contends that with fitness levels at an all-time low, fitness should be a national priority. He also shows that the most important element in becoming and staying fit is consistency, which is achieved through a fitness program that you can perform anytime or anyplace. You have an arsenal of exercise options at your disposal, and push-ups are the ultimate choice. Skup also takes on the 35-billion-dollar fitness industry and explains why it is failing us, with its bogus claims, magic bullets, and quick fixes. Although the fitness industry may not want to hear it, push-ups are free no equipment, no gimmicks and totally portable. They work for busy executives as well as people with tight budgets. The definition of good health is a sense of well-being, and *Death, Taxes & Push-ups* will be your guide to reaching that goal.

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