

## Be Fit Or Be Damned Percy Cerutty Clic Revivals

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BE FIT! OR BE DAMNED! PERCY CERUTTY. PELHAM BOOKS 1967. Percy Cerutty was 43 in 1939 when he lost his job as an Australian civil servant, broken in health. His will to survive, his courage, and his desperate search for scientific health secrets that would restore his health and strength pulled him through.

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"Be fit or be damned", was the mantra of Percy Cerutty (1895-1975), legendary Australian distance running coach. Cerruty was ahead of his time implementing heavy weight training with his distance athletes, which at the time and until recently, late 1990's, was considered pointless, because of the associated mass gain, which for a distance runner would be fatal.

~~Naude's Gym — Fit or Damned~~

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