



Fitness Junkie

Lucy Sykes , Jo Piazza

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From the bestselling authors of *The Knockoff*, an outrageously funny novel about one woman's attempt--through clay diets, naked yoga, green juice, and cultish workout classes--to win back her career, save her best friend, and lose thirty pounds.

When Janey Sweet, CEO of a couture wedding dress company, is photographed in the front row of a fashion show eating a bruffin--the delicious lovechild of a brioche and a muffin--her best friend and business partner, Beau, gives her an ultimatum: Lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, sweating through boot camp classes run by Sri Lankan militants and spinning to the screams of a Lycra-clad instructor with rage issues. At a juice shop she meets Jacob, a cute young guy who takes her dumpster-diving outside Whole Foods on their first date. At a shaman's tea ceremony she meets Hugh, a silver fox who holds her hand through an ayahuasca hallucination And at a secret exercise studio Janey meets Sara Strong, the wildly popular workout guru whose special dance routine has starlets and wealthy women flocking to her for results that seem too good to be true. As Janey eschews delicious carbs, pays thousands of dollars to charlatans, and is harassed by her very own fitness bracelet, she can't help but wonder: Did she really need to lose weight in the first place? A hilarious send-up of the health and wellness industry, *Fitness Junkie* is a glorious romp through the absurd landscape of our weight-obsessed culture.

Fitness Junkie Details

Date : Published July 11th 2017 by Doubleday

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Author : Lucy Sykes , Jo Piazza

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Genre : Fiction, Womens Fiction, Chick Lit, Contemporary, Humor, Audiobook

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From Reader Review Fitness Junkie for online ebook

Jennifer says

All-juice diets, no-juice diets, vegan, freegan, paleo -- today's health & fitness obsession is ripe for a satirical book like "Fitness Junkie". In this novel -- tailor-made for beach and vacation reading -- protagonist Janey Sweet, co-owner of a couture wedding dress design firm, is sent on a forced sabbatical by her business partner after being photographed in the trades eating baked goods and looking a bit too "pudgy" at the latest fashion shows. Janey tries all manner of diets and new-fangled exercise trends to lose weight -- and save her spot and the company she's built.

While I enjoyed *The Knockoff* a few summers ago, this book just felt like one joke that went on way too long. Character development was scant, the plot was thin, and all loose ends got tied up in a bow in the last few pages.

2.5 stars rounded up to 3.

Thank you to Doubleday and NetGalley for a galley of this book in exchange for an honest review.

. says

a true size 3 (stars), this was lacking adorning material.

it's true i've been a bit snarky with my reading updates on this title, but the story is not horrible - *just incredibly shallow* !

fitness junkie treats the subject of weight loss and esteem, empowerment like the film *dear wendy* treats the subject of gun/gun violence glorification; it carries an "isn't this ridiculous how society views and participates in [subject]?! " all the while happily stringing the audience along in what it is supposedly denouncing. between every superfood of the moment, over-overpriced workout gear brands, new hybrid of workout and anything *evvvv*eryone is talking about is a story of a girl whose childhood friend/business partner feeds her tripe about losing weight for the sake of the company's image. in true trope fashion, he's portrayed as a snotty, manipulative homosexual who as many times as he knocks someone down that person still builds him up in their mind. along with by-the-number characters that are obsessed with what is on goop, the size 4s who *simply must* stop being a porker, slightly daft lifestyle guru types and beyond, this could easily be renamed *trope-ic of cancer* .

this title is fitting for the individual who loves the mean moms on *old christine*. it's entertaining to a point, but don't expect literary lavishness. what do i mean? "namaste, bitches." "[] is so 2015." "[] is the new []."

oh, and "no one puts janey in the corner." because, well, you know...

thank you to doubleday and all involved in this goodreads giveaway.

Rana says

Book was super fun, loved it just as much as *The Knockoff*. It's juicy and gossipy and full of fabulous name-dropping.

But here's the thing. Any "fat shaming is bad, thinspo is bad" moral was completely destroyed by both the dedication and acknowledgement sections mentioning people who helped the authors get fit or are fit or some other reference to fitness. So, yeah. No. This left a really bad taste (hah! food pun) in my mouth that ruined whatever pleasure I took from the book. Without a possible moral, this was just fat-shaming.

Skyler Autumn says

4 Stars

Ummm this book was kind of great! I found myself laughing along to the ridiculousness on every chapter, this was such a fun clever satire. Take this book and read it on a beach its guaranteed to make you feel a lot less self-conscious about that roll of fat that hangs over your bikini bottom.

Review To Come.

Dianne says

Welcome to one of the true horrors of our society...weight. Get ready to see our weight obsession through the eyes of humor, attitude and snark when Janey's world crashed around her and she fell for the, "I'll be happier, healthier, more successful and more likable if I am thinner," garbage she was fed, along with a good dose of clay.

Janey's sometimes painful, sometimes comical journey to weight loss all began with an unspoken lie from her best friend. Get ready to laugh out loud, and witness the extremes our looks-conscious society will go to in search of shedding just one more pound. Sure, this is fiction, but I think Lucy Sykes and Jo Piazza nailed more truths than meet the eye! **FITNESS JUNKIE** is a wonderful satire that showcases the absurdity of a society that would kill itself for a number on a scale or the size tag on a dress.

I'm not sure Janey felt real to me, but she did feel like the tool used to make the weight loss industry look pretty outlandish. Sure her miracle diets, programs and exercises were over the top, but that is what amps up the humor.

Sometimes a little overdone, but always entertaining, especially if one eats a bruffin while reading. Did Janey learn a lesson? What did she take away from the horrors she put her self through? Satire or not....this hits some pretty hot topics without apology!

I received an ARC edition from Doubleday in exchange for my honest review.

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For Reviews & More: <http://tometender.blogspot.com>

Bark says

This is a book about wealthy people wasting their money on fad health crazes and one 40ish successful woman's descent into it all after her business partner, who is also her childhood best friend, tells her she is an embarrassment and can no longer be the face of the company she helped build because she's too fat. And no, very much to my disappointment, she does not stab him to death.

She owns 49% of the company and though she's hurt by his rejection and horrible insults, she silently slinks away and embarks on all of the fad fitness journeys that money can buy. And, apparently, money can buy you a lot of useless diet aides (clay eating?!) and retreats and painful over-priced workouts. Thankfully, I'll never have enough extra money laying around to throw away on a \$50 topless yoga class!

Janie wasn't too bad as the main character. She's dealing with a double whammy of betrayal and humiliation and manages to keep on plugging away instead of falling into a fit of "poor me" despair. Despite being a little insecure and very dumb about her business partner, Beau, she's pretty likable as far as these types go. She knows these things are ridiculous but she goes along with them anyway; drinking strange juices, spending \$15,000 on a retreat, eating a little clay, taking her top off and buying a fitness watch thingy that embarrasses her at every turn.

This book does poke fun at Gwyneth Paltrow and her silly Goop-iness but other than that I found it all pretty shallow and only vaguely entertaining and though it promised to be "outrageously funny" it really was not. However, you may have a better sense of humor than I.

Reading in Black & White says

"But to be divorced, over forty, without kids - that made Janey something different altogether."

Any woman of a certain age that has been through something and then went on a journey to "find" herself will be able to relate to this book. There are parts that are lighthearted and completely over the top in a funny way and others that hit on the serious measures some women will go to for their happiness. All of those things make this an almost perfect chick lit book. My only issue is that the ending seemed rushed and I wanted more details about the progression of the characters. Overall, I predict this book will be a HUGE hit and a perfect companion for the beach this summer!!!

Theresa Alan says

This novel is hysterical—but much more substantive than I had anticipated. The main character, Janey, is infinitely likeable (although initially a little too willing to believe the best in people, to her detriment).

The story mocks the ridiculous lengths people will go to get or stay thin, but the entire book constantly

reinforces the idea that it's important to be healthy, not skinny. (After all, meth heads are skinny, not healthy.)

Before you begin reading the book, there is a letter from the editor that says that the writers, Lucy Sykes and Jo Piazza, discovered that the ridiculous exercise classes and diets they write about are in fact real. The authors sometimes began to fabricate something outlandish—only to find that this exercise or food fad actually exists (which is often painfully hard to believe).

The novel begins when Janey's business partner and lifelong friend, Beau, tells her she needs to drop thirty pounds because she's an embarrassment to their brand—supremely expensive wedding dresses for only the thinnest of women.

One thing that's wonderful is that Janey has never worried about her weight. She doesn't necessarily pig out, but she eats waffles if she's in the mood and doesn't beat herself up over it (how refreshing!). Because Janey owns only 49 percent of the company, she doesn't see what choice she has but to take the enforced sabbatical and drop the weight. And after all, maybe her tummy has gotten a little rounder than it once was and maybe her forty-year-old chin isn't quite as tight as it had been.

The foil to Janey is her girlfriend CJ, who IS obsessed about her weight, and therefore gung ho to try these various ridiculous activities along with her. CJ even obsesses about whether her young twin boys look too chubby for Facebook. (!) So together, they discover a world where women spend outrageous sums of money to be screamed at about how fat and worthless they are. They eat clay. The words “artisanal” “organic” and “journeys” are used frequently—about everything.

This book actually did inspire me to get back into my fitness routine—one that costs almost nothing, like going on walks and eating more vegetables.

Ivy, Janey, and a few others are likeable and the villains are perfect folks you love to hate. I highly recommend this fun book. It has hints of romance, but you know Janey will be fine on her own, with or without a man (also refreshing!)

Thanks so much to Netgalley for the opportunity to review this book.

For more of my reviews, please visit: <http://theresaalan.net/blog/>

Kate Olson says

Okay, so if you read a lot of my reviews you know I'm totally anti-diet and anti-fitspo and anti-fat-shaming. AND I have a bit of a history with all of this stuff so I can be pretty sensitive. However, this might be the most hilarious take on the whole fitness/diet industry ever, mostly because it's so scarily real. If you don't believe me, just search #fitspo #tiu #strongnotskinny on Instagram ~ I was HARDCORE in that community for too long and am not proud of it. This book pokes fun at the whole horrible industry in the best way, but also has a surprising amount of truth and heart as well. The audio version was excellent. highly recommended as a fun, light read for people who don't believe that skinny = happy.

Kathryn says

I was hesitant to pick up this title. Very, very hesitant. Now I love a good beach read (emphasis on the good), but a book whose premise is a woman being forced to lose weight in order to keep her job? That makes me nervous. In this fat-shaming, female-bashing world, yet another product that sends the message that women aren't good enough isn't needed. Period. Qualms aside, I decided to valiantly plough ahead. And of how this beach read deceived me.

Yes the narrative's thesis remains the same, but the book is so much more than that. Naturally, there's the protagonist's requisite character growth (*present in practically every beach read*), but **Fitness Junkie also beautifully describes the evolution of a longtime friendship. And it gives that friendship a weight that most novels fail to do. It places it above any romantic relationship featured and in doing so the novel becomes something more than it would have been otherwise.**

As for the entire fat-shaming issue, to avoid spoilers I'll be as broad as possible: any issues I had were addressed and handled excellently. I particularly loved that for Janey, our main character, the focus was more on fitness than crash dieting. Janey didn't center on restrictive eating or calorie counting to lose weight. And while I'm aware over-exercising can also be problematic, Janey's attitude toward the entire situation is one to admire. She's a strong female character who only becomes more empowered over the course of the book. And as I said earlier, pretty much ALL of my concerns were put to rest by the last page. The ending is especially fantastic.

Would I classify Fitness Junkie as a beach read (*I abhor the phrase "chick lit"--it's so demeaning*)? Yes. If you despise the beach reading genre, this novel won't change your mind. But **it's definitely meatier than most of its contemporaries. Think more Jennifer Weiner than Sophie Kinsella.** It's light and funny at times. There's a HILARIOUS, spot-on, thinly-veiled account of our GOOP-ified Gwyneth. Janey and her female friends are also charming, while they (and the novel) nail and eviscerate pop fitness & diet culture. But as mentioned above, the emotional weight elevates what could've been a piddly, ridiculous book into something well worth your time.

Thank you to Netgalley & the publisher for providing me a free copy in exchange for an honest review.

Sherwood Smith says

When Janey Sweet, CEO of a couture wedding dress company that only makes clothes up to a size 6, is photographed in the front row of a fashion show eating a bruffin—a mix of brioche and muffin—her life-long best friend and business partner, Beau, gives her an ultimatum: Lose thirty pounds or lose your job.

Janey is shocked. She knows she's put on a few pounds since her divorce, but she's not a model—she's the business part of the company! When she tries to remonstrate, Beau, her best friend since they were eight years old, reminds her that he has 51% of the business, and there is an actual clause in her contract about her weight.

So she goes to her college friend CJ, who is obsessed about her weight, and the two hurl themselves into the world of New York's high end fitness revolution.

What got me interested was the promise of hilarity, specifically a reference to nude yoga, but that scene is more cringe-worthy and thought-provoking than it is hilarious. That is not to say that the funny isn't there,

because it is. The authors do a nifty job of satirizing not only rich New York's obsession with being thin, but the entrepreneurs who cater to them (and prey on them), sometimes at the cost of their own sanity.

A sub-thread is Ivy, Janey's cousin who is not rich, unlike Janey, and who lost her career as a ballet dancer to an accident, so is now a fitness instructor. Ivy, a genuinely nice girl with a hopeful and happy outlook on life, discovers that the more she abuses the people who come to her hip, expensive workouts, the more they return.

There is a lot of colorful detail about the high fashion world of New York, and where it intersects with artisanal health-food obsessions as well as fitness, but even more important, this book is about humans relating to one another as well as to their own bodies.

The backbone of the story is betrayal by the one closest to you. Janey has a great deal of reevaluating to do, and not just about her physical self. This journey, as well as the escalating story of the search for the Perfect Thin kept me turning the pages.

The narrative is charming, funny, observant, and spiced with wish-fulfillment, making the book a terrific summer read.

Copy provided by NetGalley

Jordana Landsman says

Chick lit gets a fun, fast-paced workout in *Fitness Junkie*, a hilarious and insightful tale about the billion-dollar wellness industry and its purveyors among Manhattan's elite. Despite characters who are more plot devices than people, writing team Lucy Sykes and Jo Piazza succeed with a fun guided tour through a subculture they skewer and celebrate.

--Broccoli needs better PR--

The book works as part expose, part safari ride through the backrooms and shadow players of the wellness niche.

Take the celebrity publicist whose current client is Swiss chard, a lettuce seeking the fame and fortune enjoyed in recent years by its cousin, kale...

Or the waiter who, when asked about a turkey dinner's origin, returns with a full pedigree of the late bird, including the farmer name and Brooklyn roof locale of its humane slaughter...

Or the workout class so exclusive that its secret location changes monthly....

Or the parade of fad diets, like one that has fat-fearing Manhattanites paying \$1,000 a week to eat clay.

Or the thin-obsessed moms who airbrush unwanted pounds off their toddlers before posting images on social media.

--Heavy where it counts--

Though played for laughs, the book's discussion of social media, product placement, whisper campaigns, and aggressive publicity to promote so-called "wellth" are fascinating. The authors are at their best here, weaving together the book's thesis that fitness and nutrition are juggernauts at the intersection of finance, publicity, demand, and that old American favorite, female body shame.

--Who's driving this thing--

Yes, there's a protagonist named Janey, and some contrived stuff happens to her. But she is mostly a convenient concoction who, despite being a powerhouse CEO, plays passive possum to an unscrupulous partner, a fairy-godmother, and a pair of gorgeous men who — yawn — pursue and adore her. All this without her ever acting upon her own three dimensionality.

Still, empty shell though Janey is, I've toured Manhattan in far worse conveyances. Looking out through her eyes and fat wallet for a few days was pleasant escape. Sykes and Piazza come prepared and write skillfully enough, with detail, delight, and inside jokes, of a world they seem to know quite well.

Sarah says

You can find all of our reviews at <https://reallyintothis.com>
Happy Reading, friends!

Just like that sweet crooner, Shawn Mendes, this book had me in stitches. It's hilarious. Likely the best thing about Fitness Junkie is that everyone can relate to it because we have all struggled with our own body image issues at some point. Janey is a bad ass southern girl taking NYC by storm when her little pest, Beau tells her she needs to drop some weight because she represents their wedding gown brand & can't be seen eating a bruffin. A bruffin is a muffin & a brioche hybrid- it's a real thing; just ask Oprah.

Janey goes on this quest to drop 30 lbs & enlists the help of her weight-obsessed, but lovable friend, CJ & her cousin, Ivy. She enters the world of the NYC fitness obsessed elite. There are spin classes where the instructors treat you like a drill sergeant, color coordinated cardio classes tucked into a secret location & tropical retreats where they feed you clay (seriously). She ventures out to a juice bar, there's mention of a broth store & she even plays a freegan for a night & goes dumpster diving.

There are serious Goop vibes displayed by some of the characters and there is plenty of talk about organic, non-GMO, humane, ion filtered, hormone free, anti-inflammatory, turmeric, ghee, vitamin boosting IV treatments, kale, swiss chard & many other "all the rage" diet/health tips. Many of these made me smile because I've been guilty of a few of them myself. I seriously laughed out loud hearing about a PR rep for swiss chard with plans of it becoming the new kale. I mean, it will probably happen!

Now, I know this is supposed to be an unbiased review, but I am Really Into these authors, Lucy & Jo. I read The Knockoff when it was published in 2015 & I loved it. Readers of both will love the small nod to Glossy as it shows up in Fitness Junkie. Lucy & Jo do a fantastic job balancing out the ridiculous diet fads with the real life struggle of obtaining a healthy image. The story wraps up nicely & left me with a smile & a gentle nod to my girl, Janey. This is sure to be a perfect, fun, easy read this summer (or anytime, really) & it's guaranteed to make you laugh, smile & possibly rethink your fitness regime.

Special thanks to Lucy Sykes, Jo Piazza, Doubleday Books & NetGalley for providing our copy in exchange for an honest & fair review.

Reading.Between.Wines says

I thoroughly enjoyed this book. The health food/exercise craze is real, and this book does a great job bringing to light how ridiculous it can get. Obviously this book isn't fact, it is a comedy/satire, but I thought the authors did a great job of bringing crazy-rich-dying-to-be-skinny New Yorkers to life.

I loved the "articles" that started some of the chapters. They literally made me laugh, had my mouth dropping open with how ridiculous it was, or a combination of both (even if none of them were actually true).

This book isn't for everyone, but if you like reading about the ridiculousness of the skinny-obsessed, satire and chick lit, then this book is probably for you. It's a nice, lighter read.

4??

Sarah Joint says

A relatively biting but funny satire. It takes a hard look at all of the ridiculous health fads and crazes and pressure on women to be someone else's idea of perfect. You should definitely instagram that piece of avocado toast you've been served at the restaurant of the moment, but you probably shouldn't eat it... **ugh, bread!** (That was sarcasm, by the way. I really love bread.) **It's an interesting social commentary that somehow manages to be funny, relatable, outlandish, and ridiculous at the same time.** I'm not even quite sure how they managed that.

It all started with a bruffin. (That's a hybrid of a brioche and a muffin, and frankly sounds delicious to me.) Janey Sweet was photographed rating that delectable treat in the front row of a fashion show. The picture isn't even bad, but her business partner is fuming as if it's a personal affront. Janey has gained some weight recently, and Beau isn't having it. They've been friends since they were children, but that somehow doesn't stop him from lambasting her about her "weight problem". **As the primary owner of their extremely successful wedding dress company, he gives her an ultimatum: lose thirty pounds in three months or you're out.** He gives her time off to do it. As illegal as that sounds, turns out there's actually a clause in their initial contract which supposedly makes it okay.

Janey has recently divorced her husband, but she didn't experience real heartbreak. **This is her heartbreak... her best friend, the person she seems to consider her soul mate, basically abandoning her. She's beyond hurt. Beyond dismayed. Beyond ashamed.**

This is how it begins... a crazy funny journey of diets and workouts that seem to have come from another planet. (They might as well, for most of us, with what they cost.) They're incredibly ridiculous. This book made me laugh a lot, but about 70% in I started to get a little weary of all the diet and workout talk which kept it from getting a higher rating from me. Though it's not a long book at all, I may have enjoyed it a little more if it had been shorter. There's some romance thrown in there, but no sex. (We know it happens, but no descriptions.) There's also some incredibly strong friendships among some amazing ladies, which helps make up for the toxic Beau.

All in all, an enjoyable story. If you're a fan of women's fiction and humor and you're sick of the crazy health

fads flying around or may have even participated in some yourself but have a sense of humor, you might enjoy it. **I've never been a health fad kind of gal myself, except for the one where red wine is supposed to be good for you. I like that one.**

I received an ARC of this book from Net Galley and Doubleday Books, thank you! My review is honest and unbiased.
