



Vegan Bodybuilding & Fitness

By Robert Cheeke

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One of the world's most recognized vegan body builders presents a comprehensive guide to building a fit body while eating a plant-based diet. Author Robert Cheeke inspires people to develop magnificent bodies. His passion for doing the most amount of good while causing the least amount of harm has inspired athletes, trainers, and anyone interested in a strong, healthy body. This title includes information on the most important things to consider in order to be a successful vegan bodybuilder including the best way to put together vegan meal programs and training regimens, how to find sponsorship and make bodybuilding a career, and where to find access to vegan products, services, and equipment. There is also advice on how to take bodybuilding beyond a personal endeavor and use it for activism and outreach.

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Editorial Review

About the Author

Robert, a vegan since 1986, has been able to promote vegan bodybuilding on a worldwide stage through articles in FLEX Magazine, Natural Bodybuilding & Fitness Magazine, VegNews Magazine, dozens of other publications, and through his documentaries and websites. Being a vegan, he feels that he has a positive impact on the environment and society and believes that an animal-free diet is one of the best things you can do for your health. He eats a vast array of natural and organic foods that keeps his body fat percentage low, protein intake high, energy levels high, bones strong, and allows him to put on quality muscle. Founder and president of his own company, Vegan Bodybuilding & Fitness in 2002, Robert also directed and produced an award-winning documentary Vegan Fitness Built Naturally (2005) and was co-director and co-producer of the documentary Vegan Brothers in Iron scheduled for release in 2010. He spends his time traveling around North America speaking at various health, wellness, vegetarian, personal development, and fitness festivals.

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