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That's the premise of my friend Martin Cizmar's new book, Chubster: A Hipster's Guide to Losing Weight While Staying Cool. The book came out this

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month, and it's a delightful read whether you're looking to lose weight or just want to educate yourself on how to be more health-conscious in your diet.

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revolves around calorie counting and Martin gives readers the tools to become self-sufficient weight-loss machines capable of functioning in any environment. From frozen dinners and drive-thru menus to ethnic eating and microbrews, he offers suggestions for the responsible choice, steers readers clear of the real diet-killers and dispels some long-held

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While Staying Cool. The book came out this month, and it's a delightful read whether you're looking to lose weight or just want to educate yourself on how to be more health-conscious in your diet.

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March 22, 2012 Martin
Cizmar lost 100 pounds
in less than a year, and
all he had to do was
give up Slurpees.

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“There’s no cool way to lose weight,” she said. Ha! Challenge

accepted. It may have started out as an attempt just to prove his girlfriend wrong, but Martin Cizmar’s strategy for getting healthy helped him lose 100lbs in only eight months and led the news editor to pen Chubster: A Hipster’s Guide to Losing Weight While Staying Cool.It

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was the least awful diet plan he could come up with.

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The book is called

Chubster, which

Cizmar calls "a

hipster's guide to

losing weight and

staying cool." It is

based on the past eight

months of Cizmar's

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"Chubster is all for
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established through decades of serious study conducted by the world's experts in their respective fields -- with a few snarky jokes to keep things palatable."

— Martin Cizmar,
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Chubster Quotes by Martin Cizmar

In Chubster: A Hipster's
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Cizmar, a Tallmadge native and University of Akron alumnus, tells how he lost 100 pounds in eight months. After determining which variety of hipster you are (Music Snob Hipster, Nerdy Bookworm Hipster), Cizmar gets down to the plan.

Book talk: Weight loss for hipsters - Lifestyle - Akron ...

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