



# 5-Factor Fitness: The Diet and Fitness Secret of Hollywood's A-List

*Harley Pasternak M.Sc., Ethan Boldt*

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Harley Pasternak, M.Sc., holds an MS in exercise physiology and nutritional sciences from the University of Toronto, and an honors degree in kinesiology from the University of Western Ontario. He is certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. His work has been profiled in such national publications as **Redbook**, **Glamour**, **Fitness** and **Men's Health**, and he has appeared on **The Oprah Winfrey Show** and other TV programs. Pasternak, a native of Canada, lives and works in Los Angeles.

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