

'My giant' writes fitness guide for kids

Contributed by Judith Vayda
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Ex-NBA player Ghita Muresan launches in America a fitness book written specially for youths.

The Transylvanian-born giant, now 37, says he wants to change young people's opinion on fitness and the benefits of it:

'We want kids to understand that fitness must be seen as a package of exercises, adequate food, and care for one's own body. If you just lift weights, it's not enough.'

The book, called 'The boy's fitness guide', is to be launched officially on the 4th October 2008 at Washington's Tysons Corner Center, and will cost \$ 10.95.

Ghita Muresan, who was the only Romanian to play in NBA, became famous in 1998, when he partnered Billy Crystal in My Giant.

(Gardianul, Cotidianul, Ziu de Cluj)