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## **UF professor co-authors best-selling fitness guide**

By Kendra Weikman  
Alligator Contributing Writer

UF can count a current nationwide best-selling author among its prestigious teaching ranks.

Ted Spiker, 36, an assistant professor in the College of Journalism and Communications, co-authored "YOU: The Owner's Manual: An Insider's Guide to the Body That Will Make You Healthier and Younger." The book, a guide to total body health, presents each part of the body in easily understandable and useful ways.

As of Monday afternoon, it claimed the No. 3 spot on Barnes & Noble's best sellers list and ranked No. 3 on Amazon.com's best sellers list. It also has been mentioned by USA Today, The Wall Street Journal and The New York Times.

Two doctors, Michael F. Roizen and Mehmet Oz, contacted Men's Health magazine, where Spiker was an editor at the time, in hopes of finding someone to co-author the book with them, Spiker said.

"They wanted the Men's Health tone: a little edgy, a little sarcastic, funny, unpredictable and surprising," he said. "That was my role, to try to give them some of that."  
"It was neat to work on," Spiker said.

The book has not only been featured on the best sellers list, but on national television as well.

After the book was completed, Spiker said Roizen and Oz contacted the producers of The Oprah Winfrey Show in an effort to get the book on television.

Taped in April and aired May 3, Oprah's "Insiders' Guide to Making You Younger and Healthier" featured Oz discussing the book. On Oprah's "After the Show," Spiker also received recognition.

"At the end, Oprah said how fun the book was to read and had the doctors stand up," he said. "Then she said something about me and asked me to stand up."

Spiker said the experience was nice because he was there to support the book and didn't expect to be on television. He also attributed the media attention to giving the book the publicity it needed to gain public awareness.

"YOU: The Owner's Manual" is not Spiker's first best seller, however. He also co-authored "The Abs Diet" with the editor-in-chief of Men's Health magazine, David Zinczenko.

"The Abs Diet," a New York Times best seller, is featured prominently on the Men's Health home page.

Spiker, a contributing editor for Men's Health and the editor-at-large for the new Women's Health magazine, began his UF career in 2001.

Spiker heads the college's magazine sequence.

Spiker's work has appeared in publications as varied as Outside, Fortune, In Style, Cosmopolitan and the St. Petersburg Times, according to the College of Journalism and Communications' Web site.

Amanda Wilson, 19, was excited to hear of Spiker's achievements. A public relations major, Wilson said that she was proud to have someone from her college gain prominence.

"He is a model for all students in the College of Journalism," Wilson said. "His success is encouraging to all the rest of us."

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