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As John Durant, a founder of Paleo NYC and

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Barefoot Runners NYC, put it in his 2013 book, “ The Paleo Manifesto: Ancient Wisdom for Lifelong Health,” “other animals don’t ‘exercise’ so much as they either play or just do what is required to survive.

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John Durant is an author and health entrepreneur. He recently released his first book – The Paleo Manifesto: Ancient Wisdom for Lifelong Health – in which he advocates using evolutionary principles to combat the global epidemic of obesity, diabetes, and other chronic health conditions.

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The Paleo Manifesto (2013) is the go-to guide to going paleo. It explains why the

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