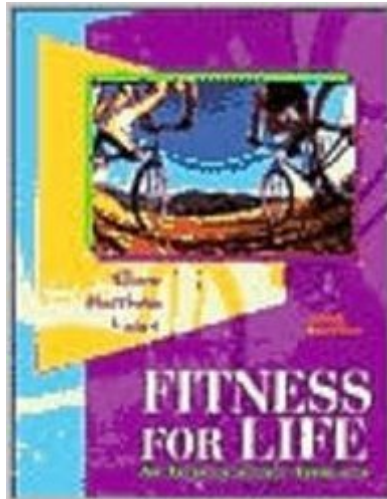




Ebook Directory
the best source of ebook

The book was found

Fitness For Life: An Individualized Approach



Synopsis

Fitness for Life provides more than just the facts about cardiovascular endurance, muscular strength, weight control, nutrition and relaxation techniques--it provides students with the tools to apply what they've learned to their own lifestyle.

Book Information

Paperback: 296 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 6 edition (November 1, 1996)

Language: English

ISBN-10: 0697233294

ISBN-13: 978-0697233295

Product Dimensions: 8.5 x 0.5 x 10.9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,622,656 in Books (See Top 100 in Books) #28 in [Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Medicine](#) #88 in [Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Education](#) #2207 in [Books > Medical Books > Medicine > Sports Medicine](#)

Customer Reviews

Among other things, this book teaches how to exercise to get the most aerobic benefit and build up your heart's endurance. It has a huge list of every type of sport/activity/exercise imaginable and how many calories you'd burn doing the given exercise for a given amount of time, then teaches you to plan how long you need to exercise to get results. I followed the exercise principles taught in the book and got into the best shape of my life. It's not a fad program or miracle cure, just solid, time-tested principles that work--if you do the work.

I was fortunate to have used this excellent text - and had the author, Dr. Allsen as my instructor - while a student at Brigham Young University. The text covers everything that is needed for healthy lifestyles. Nutrition, flexibility, exercising, etc. Easy to understand. Highly recommended.

This is a superb book. It gets at the "heart" of living a healthy life with simple, straight-forward advice. I would recommend it to anyone.

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness for Life: An Individualized Approach Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Metabolic Approach to Cancer: Integrating Deep Nutrition, the Ketogenic Diet, and Nontoxic Bio-Individualized Therapies Treating the Abusive Partner: An Individualized Cognitive-Behavioral Approach The Case Formulation Approach to Cognitive-Behavior Therapy (Guides to Individualized Evidence-Based Treatment) Fitness y Consejos : 2017: Claves para iniciar una Fitness Life (Spanish Edition) Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life Fitness The Complete Guide (The Official Course Text For ISSA Certification Course For Fitness Trainers) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Fitness Cross-Country Skiing (Fitness Spectrum) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less Ã¢ââ from someone whoÃ¢ââ has done it Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone whoÃ¢ââ has done it. Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

