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## Fitness and Health (Hardback)

By Brian J. Sharkey, Steven E. Gaskill

Human Kinetics Publishers, United States, 2013. Hardback. Book Condition: New. 7th Revised edition. 277 x 213 mm. Language: English . Brand New Book. The completely revised seventh edition of Fitness Health offers a comprehensive understanding of the exercise/health relationship and provides a framework for attaining health and fitness goals. This handbook for students and fitness professionals explores the physiology and benefits of fitness whilst also providing information and tools for improving health and wellness. It also includes special elements to highlight interesting content on health and fitness, including important health behaviours, testing procedures and proven fitness programmes. The book explains how the body responds to physical activity; why physical activity is beneficial to health; and how physical activity can help people increase aerobic and muscular fitness, achieve and maintain a healthy weight, enhance performance in work and sport, and improve general vitality. Lecturers benefit from the inclusion of new ancillaries containing an instructor guide complete with lab activities, a test package and a presentation package with image bank. New edition of the leading student guide on physiology and the benefits of fitness.



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