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## THE EFFECTS OF SELECTED AEROBIC EXERCISE MODALITIES ON BODY IMAGE



Condition New. Publisher/Verlag: Scholar's Press | The Effects of Selected Aerobic Exercise Modalities on Body Image and Self-Esteem among female undergraduate students in Iraq. Body image and self-esteem are fundamental components in psychological health and is affected with dynamics of physical exercise. This study explores the effects of selected aerobic exercise programs on body image and self-esteem and attempts to determine the principle of most effective aerobic exercise program in boosting body image perception and self-esteem. In order to achieve...

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