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PRINCIPLES & LABS FOR PHYSICAL FITNESS



EIGHTH EDITION

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Principles and Labs for Physical Fitness (Available Titles Diet Analysis Plus)



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Discover your own personal fitness and wellness stories with Hoeger/Hoeger's PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 8th Edition. This book requires a personalized strategy that manuals you through the advancement of an attainable fitness routine. Concepts AND LABS FOR CONDITIONING offers a variety of resources, including exercise videos, case studies, and portable reference cards, to carefully turn energetic learning into energetic living and encourage you to take control of your lifestyle practices and meet your individual health and wellness goals. The authors provide current, practical information and focus on fitness topics, including body composition, cardiorespiratory stamina, muscular strength and flexibility.



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The self-tests in this book offer you a fantastic assessment of your health and even predict how long ... This was for a basic PE course I had to take at college. For those who have any medical problems connected with obesity, after that this book will help provide insight. There are no "magical" cures or diet pills, programs which will work aside from the "tried and true" hard work of healthy eating habits and exercise as defined in this book.. People pay a huge selection of dollars to find nutritionists, personal trainers and health care suppliers who follow the suggestions in this publication. I also hardly used the book as most of course was simply sitting through powerpoints, course activities, and getting time in the fitness center. I often refer to this book for assistance. At lease the publication I bought used was very cheap. It is rather informative on nutrition, diet, healthy lifestyles and the way the body functions, but the best part of it's the stretches and excersizes it has in it. The diagrams and images for stretches and excersizes are very resourceful, and even give you alternative options to common stretches that are better on your body. I bought this book new. In the event that you read this publication front to back again and followed it's advice, you would be very knowledgeable and incredibly healthy!. College publication for PE course. Lot of generic, commonly known knowledge about fitness and exercise. Everyone should read this book in conjunction with a fitness class! Informative and useful I got this for school but I ended up using it by myself! I am an RN which helped fill up the gaps in my education and also help me lose excess weight (body fat) and has pointed me in direction of a healthy life-style. The exams were too easy on their own and I actually stopped doing the mandatory reading because it was such basic stuff. There are labs at the back of each chapter which we make use of for our homework and so far it appears well created. It also contains a lot of fitness and wellness evaluations and physical tests you can perform to evaluate yours health. Webpages 173-204 were published incorrectly. I thought with investing in a new book, it would attended with an gain access to code or course link. Do I need to purchase those separately? Good text message for Health Promotion majors I purchased this ebook and I actually am happy with it. I observe many advantages to using the ebook pitched against a paperback publication. I am currently reading this text message for an online class (Health Promotion Wellness). Access Code? I am so disappointed when We received this book I am therefore disappointed when I received this book.. I'm confident the only cause anyone will probably buy . It's a text reserve about fitness and wellness. This was sold if you ask me by fastbook6. I had to get an ebook version online just to print the lab I necessary for the class. Some of the pages were missing especially the lab part. Worth the buy in case you are interested in keeping a good resource for the science behind nourishment and wellness. What a waste of money. I'm pretty sure the only reason anyone will probably buy this book is because their college instructor requires it so I doubt this review will sway your decision one way or another. they no longer teach over this reserve so when I .. The self-tests in this reserve give you an excellent assessment of your health and also predict how long you may live depending on how your home is now. they no longer teach over this book so when I bought it and the cade that they had to upgrade It by the time I acquired it I was way behind the class MUCH BETTER THAN I Thought Book was in good condition, returning it had been easier Good School Book Useful for class. Good Good Five Stars needed it for school Five Stars Would recommend and would obtain again



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