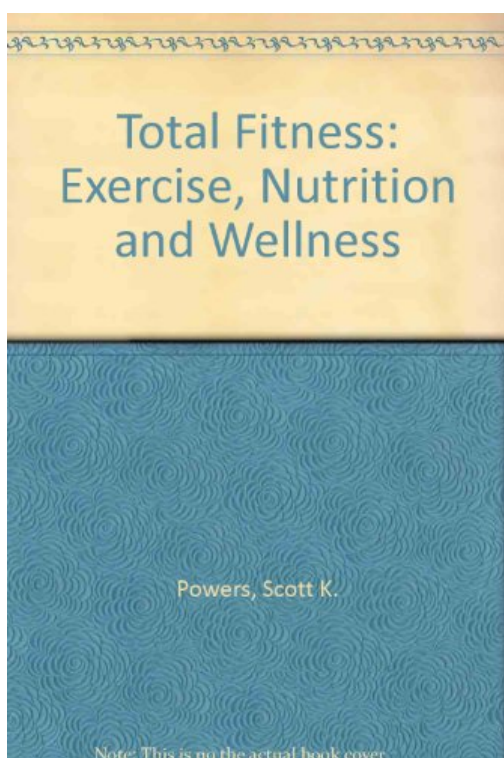


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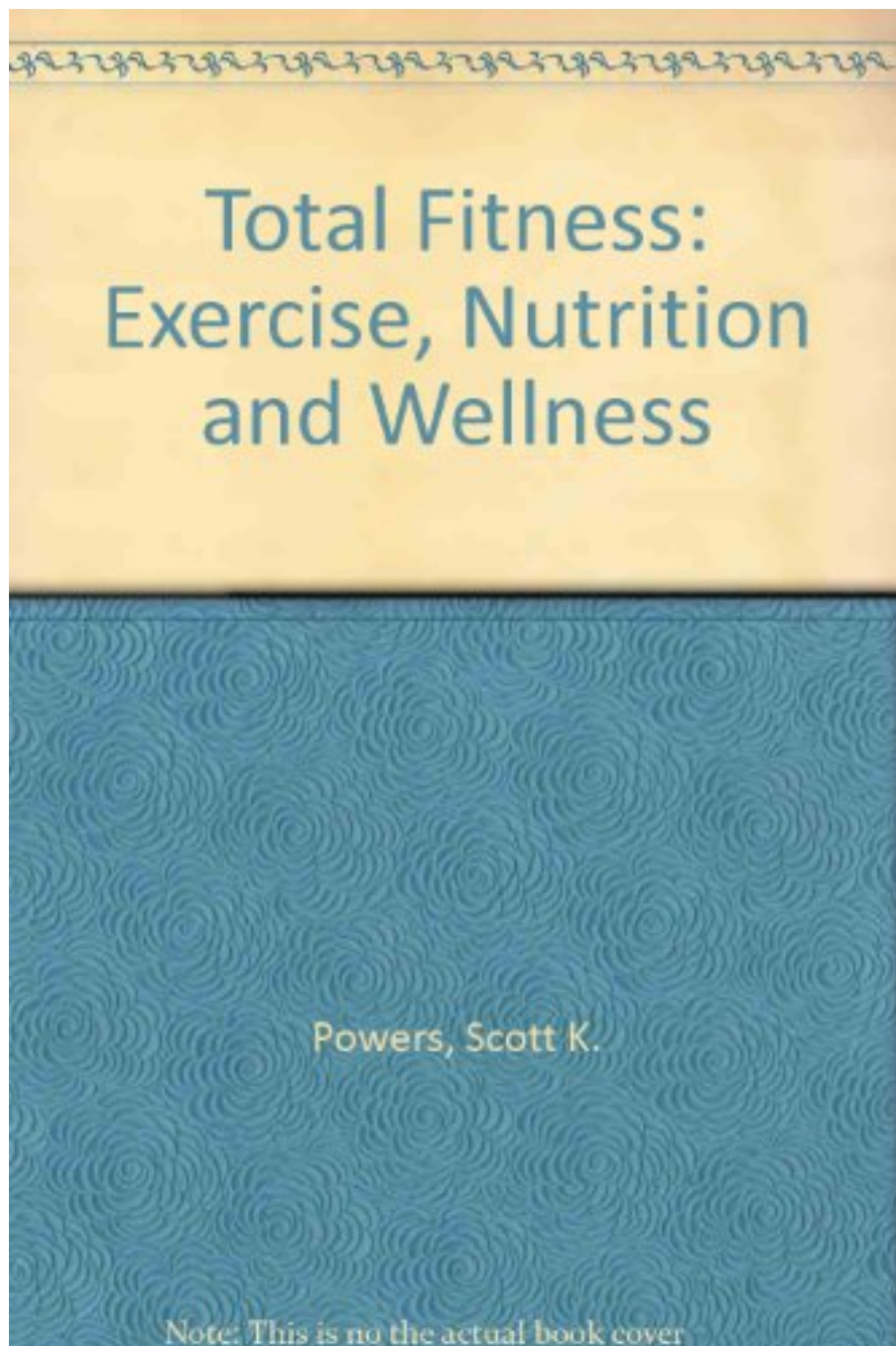
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From the Back Cover

Objective and research-based, this book offers a valuable tool for understanding and implementing a comprehensive fitness, nutritional, and wellness program. Weaving together the concepts of exercise, diet, and wellness to define "total fitness," it dispels the many myths associated with these topics and suggests ways to bring about lifestyle changes that will lead to a higher degree of wellness. The second edition addresses important issues such as exercise-related injuries, exercise and the environment, and exercise for special populations; provides a strong foundation in exercise physiology and nutrition; and includes a how-to approach for evaluating wellness components such as fitness levels and nutritional levels.

The book presents the health benefits of exercise and the concept of wellness, then discusses fitness evaluation and principles of exercise for health and fitness; the relationship between nutrition, health, and fitness; exercise, diet, and weight control; exercise in specific environments and for special populations; prevention and rehabilitation of exercise-related injuries; disease prevention and stress management; and life time fitness. For fitness-oriented professionals and individuals looking for the latest information on creating a comprehensive fitness, nutritional, and wellness program.

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