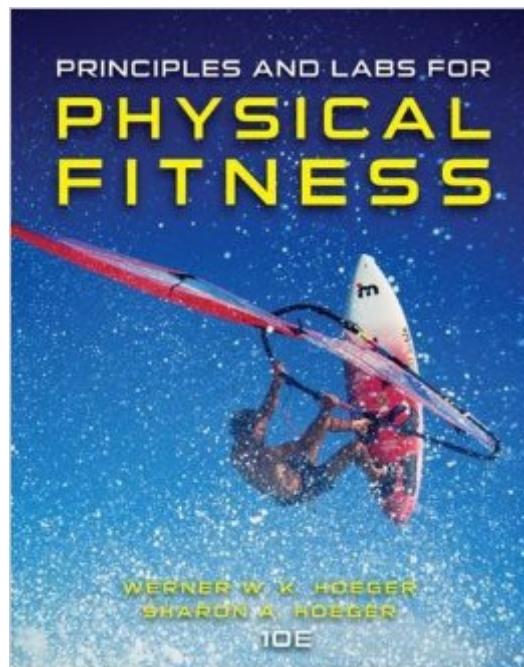


The book was found

Principles And Labs For Physical Fitness



Synopsis

Discover the benefits of an active, healthy lifestyle with PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition guides you toward adopting healthy behaviors with "My Profile" and "Behavior Modification Planning" boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow.

Book Information

Paperback: 512 pages

Publisher: Cengage Learning; 10 edition (January 1, 2015)

Language: English

ISBN-10: 1305251407

ISBN-13: 978-1305251403

Product Dimensions: 8.4 x 0.9 x 10.7 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

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