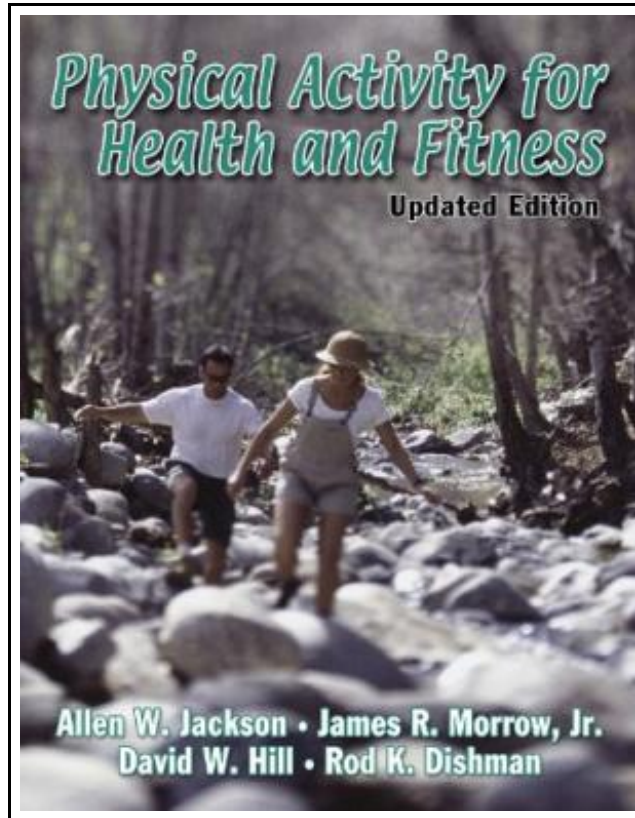


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PHYSICAL ACTIVITY FOR HEALTH AND FITNESS (NEW EDITION)



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Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Physical Activity for Health and Fitness (New edition), Allen W. Jackson, Through this book, you can gain student interest and convince them of the importance of this life-changing information, -encourage students to examine how the information may apply to them in the real world, and-show students how to use the information to their benefit. Preparing for the future is what school is all about. Unfortunately, many students fail to see the importance of establishing healthy lifestyle habits during these crucial years. While they work hard to ensure their future financial health, many young people mistakenly believe they can wait until they're older to worry about their physical and mental health. This updated edition of Physical Activity for Health and Fitness will help students make physical activity a priority today and continue to do so throughout their lives. With the help of many interactive elements, this attractive, full-color textbook introduces important physical activity, health, and nutrition concepts that students will want to remember their entire lives, not just for a semester. Special elements include the following: -Healthchecks--Quick questions that test students' learning comprehension-Key points and key terms--Information of special importance-Laboratories--Practical exercises that ask students to apply physical activity ideas in the book to their own lives Physical Activity for Health and Fitness begins by presenting students with medical evidence showing that a lifetime of physical activity will improve their fitness and enhance their quality of life. They'll learn the importance of both cardiovascular and muscular fitness and discover how to develop healthy habits in these areas. Next, the book explains the far-reaching effects of obesity on personal health. It includes updated information and references on good nutrition, and it provides students with guidelines for maintaining a healthy body weight. Physical Activity for Health and Fitness also explores...



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