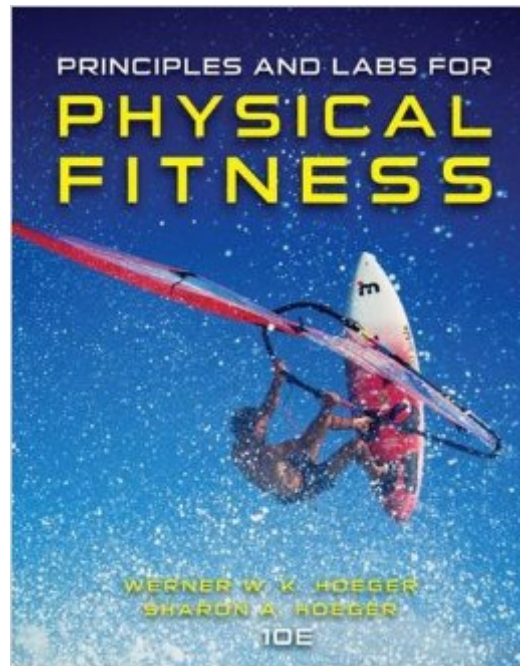


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Principles And Labs For Physical Fitness



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

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