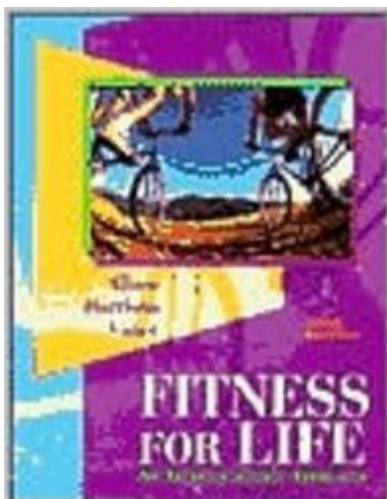


The book was found

# Fitness For Life: An Individualized Approach



## Synopsis

Fitness for Life provides more than just the facts about cardiovascular endurance, muscular strength, weight control, nutrition and relaxation techniques--it provides students with the tools to apply what they've learned to their own lifestyle.

## Book Information

Paperback: 296 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 6 edition (November 1, 1996)

Language: English

ISBN-10: 0697233294

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Product Dimensions: 8.5 x 0.5 x 10.9 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #3,154,375 in Books (See Top 100 in Books) #23 in [Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Medicine](#) #86 in [Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Education](#) #2088 in [Books > Medical Books > Medicine > Sports Medicine](#)

## Customer Reviews

Among other things, this book teaches how to exercise to get the most aerobic benefit and build up your heart's endurance. It has a huge list of every type of sport/activity/exercise imaginable and how many calories you'd burn doing the given exercise for a given amount of time, then teaches you to plan how long you need to exercise to get results. I followed the exercise principles taught in the book and got into the best shape of my life. It's not a fad program or miracle cure, just solid, time-tested principles that work--if you do the work.

I was fortunate to have used this excellent text - and had the author, Dr. Allsen as my instructor - while a student at Brigham Young University. The text covers everything that is needed for healthy lifestyles. Nutrition, flexibility, exercising, etc. Easy to understand. Highly recommended.

This is a superb book. It gets at the "heart" of living a healthy life with simple, straight-forward advice. I would recommend it to anyone.

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Fitness for Life: An Individualized Approach Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique Pre-And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf Fitness: The Complete Guide, Official Text for Issa International Sports Science Association Certification Course for Fitness Trainers Fitness Cross-Country Skiing (Fitness Spectrum) Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Aging: Fight it with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal D efficiency, and the Loss of Vitality Associated with Advancing Years Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions

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