

Health Reference Series

Author Group

Fitness and Exercise

SOURCEBOOK



Keep up-to-date on fitness and exercise, including fitness activities for specific age groups, exercises for people with specific medical conditions, how to design a fitness program to maximize walking, swimming, cycling, and other fitness activities, and recent research on fitness and health.



Health
Reference Series

Fitness And Exercise Sourcebook by Dan R. Harris

Dan R. Harris

simple info on health and Exercise, together with health actions for particular Age Groups, workout for individuals with particular clinical Conditions, easy methods to commence a health software in Running, Walking, Swimming, Cycling, and different Athletic Activities, and up to date learn in health and workout

Fitness And Exercise Sourcebook

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