

Health Reference Series

Second Series

Fitness and Exercise

SOURCEBOOK

Some applications of fitness and exercise, including fitness activities for specific age groups, exercises for people with specific medical conditions, stress in fitness programs, swimming, walking, swimming, cycling, and other fitness activities, and recent research in fitness and exercise.

Edited by
David J. Smith

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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