

Health Reference Series

Author Group

Fitness and Exercise

SOURCEBOOK

Keep your loved ones fit and healthy, including fitness activities for specific age groups, exercises for people with specific medical conditions, tips to begin a fitness program at home, walking, swimming, cycling, and other fitness activities, and recent research on fitness and health.

Author Group

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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