



Exercise and Fibromyalgia, Gwen Hyatt, Desert Southwest Fitness, Incorporated, 2008, 0979078792, 9780979078798, . .

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The End of Stress as We Know it , Bruce S. McEwen, Jan 1, 2002, Psychology, 239 pages. While some stress is inevitable, being "stressed out" is not. McEwen teaches readers how to reduce stress, increase overall sense of health and well-being--and even turn aside ....

Fallproof! A Comprehensive Balance and Mobility Training Program, Debra J. Rose, 2010, Health & Fitness, 313 pages. The second edition of FallProof!, now packaged with a DVD, is a practical guide to implementing a multidimensional balance and mobility training program to address the ....

Resistance Training Instruction , Everett Aaberg, 1999, Science, 223 pages. .

Client-centered Exercise Prescription , John C. Griffin, Jan 1, 2006, Medical, 339 pages. Client-Centered Exercise Prescription, Second Edition, will help fitness professionals listen to their clients, assess their interests, and prescribe exercise that will work ....

Breast Cancer Recovery Exercise Program , Anna Schwartz, Naomi Aaronson, Jan 1, 2006, , 142 pages. .

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Physical Dimensions Of Aging , Waneen Wyrick. Spirduso, 2005, Social Science, 374 pages. 1. An introduction to aging. 2. Energy, work, and efficiency. 3. Motor control, coordination, and skill. 4. Physical-psychosocial relationships. 5. Physical performance and ....

The Complete Idiot's Guide to Fibromyalgia , Lynne Matallana, Laurence A. Bradley, 2009, Health & Fitness, 384 pages. Offers a guide for fibromyalgia, covering such topics as identifying its symptoms, assembling a team of health care professionals, finding medications for treatment, and ....

Exercise Testing & Prescription , David C. Nieman, Mar 31, 2006, , 816 pages. This comprehensive text provides coverage of fitness assessment concepts, hands-on prescription applications, and a thorough preparation for ACSM certification exams. Exercise ....

Prenatal and Postpartum Exercise Design , Gwen Hyatt, Catherine Cram, 2003, , 211 pages. .

Awareness through movement health exercises for personal growth, Moshé© Feldenkrais, 1972, Health & Fitness, 173 pages. .

Fitplay Building Healthy Lifestyles for Kids, Shelley Whitlatch, 2007, , . .

Precision Heart Rate Training , Ed Burke, 1998, Health & Fitness, 211 pages. Explains how to use a heart rate monitor to accurately gauge training intensity while walking, running, cycling, skating, circuit training, or multisport training.

Joint Structure and Function A Comprehensive Analysis, Pamela K Levangie, Cynthia C Norkin, Mar 9, 2011, Medical, 704 pages. This popular text offers the clear, logical discussions of the basic theory of joint structure and muscle action and provides the foundation you need to understand both normal ....

Foundations of Sport and Exercise Psychology Study Guide, Daniel Gould, Robert Stephen Weinberg, Dec 1, 1999, , 167 pages. This study guide is based on "Foundations of Sport and Exercise Psychology" and contains active learning exercises to help students experience, understand and apply the ....

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