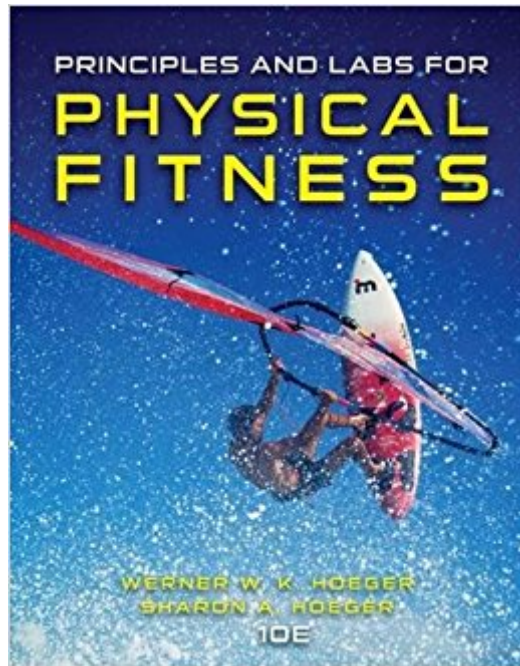




Ebook Directory
the best source of ebook

The book was found

Principles And Labs For Physical Fitness



Synopsis

Discover the benefits of an active, healthy lifestyle with **PRINCIPLES AND LABS FOR PHYSICAL FITNESS**, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, **PRINCIPLES AND LABS FOR PHYSICAL FITNESS**, 10th Edition guides you toward adopting healthy behaviors with "My Profile" and "Behavior Modification Planning" boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow.

Book Information

Paperback: 512 pages

Publisher: Brooks Cole; 10 edition (January 1, 2015)

Language: English

ISBN-10: 1305251407

ISBN-13: 978-1305251403

Product Dimensions: 8.4 x 0.9 x 10.7 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 10 customer reviews

Best Sellers Rank: #52,848 in Books (See Top 100 in Books) #38 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #43 in [Books > Medical Books > Nursing > Medical Nutrition](#) #613 in [Books > Textbooks > Medicine & Health Sciences > Allied Health Services](#)

Customer Reviews

Dr. Werner W.K. Hoeger is Professor Emeritus in the Department of Kinesiology at Boise State University and a Fellow of the American College of Sports Medicine and the Research Consortium of SHAPE America (Society of Health and Physical Educators). The 2004 recipient of the Presidential Award for Research and Scholarship in the College of Education at Boise State University, he was the keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness. He continues to research and lecture on exercise physiology, physical fitness and wellness. In addition to **FITNESS AND WELLNESS**, Dr. Hoeger has published several Cengage texts, including **PRINCIPLES AND**

LABS FOR FITNESS AND WELLNESS, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, LIFETIME PHYSICAL FITNESS AND WELLNESS, WELLNESS: GUIDELINES FOR A HEALTHY LIFESTYLE and WATER AEROBICS FOR FITNESS AND WELLNESS. A former luge athlete, he competed in the 2002 and 2006 Winter Olympics and was named an All-American by USA Track & Field in 2012, 2014, 2015 and 2016. A renowned fitness and wellness innovator, Dr. Hoeger developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests. Sharon A. Hoeger is Vice President of Fitness & Wellness, Inc. in Boise, Idaho As co-author of FITNESS AND WELLNESS and four other Cengage texts, Sharon is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all the Hoeger fitness and wellness textbooks -- innovations that have set the standard for fitness and wellness software today. The Hoeger husband-and-wife team has been jogging and strength training together for more than 39 years! Sharon holds a bachelor's degree in computer science from Brigham Young University.

good

It met my expectations but don't rent it unless you have okayed it with your professor that you can just make copies of the Lab pages that are included in the book.

The book was damaged. Some pages were written and there was one page that was cutter off the book.

If I accidentally rented the wrong edition, is there a way I can return it?!

Great Product, quick delivery!

Excellent condition!

Easy to understand

As advertised.

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)
Principles and Labs for Physical Fitness Kickboxing Fitness: A Guide For Fitness Professionals
From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Easy Science Demos & Labs For Chemistry (Easy Science Demos and Labs Series Ser)
50 More Stem Labs - Science Experiments for Kids (50 Stem Labs) (Volume 2) Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Loose Leaf Edition Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness Fit & Well Alternate Edition: Core Concepts and Labs in Physical Fitness and Wellness Principles and Labs for Fitness and Wellness Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Geology From Experience: Hands-On Labs and Problems in Physical Geology "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Trends in Hip-Hop Dance (Dance and Fitness Trends) (Dance & Fitness Trends)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)