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ACSM's Complete Guide To Fitness & Health-2nd Edition

SECOND EDITION



AMERICAN COLLEGE
of **SPORTS MEDICINE.**

Complete Guide to **FITNESS** & **HEALTH**

Updated activity and nutrition guidelines for every age



Barbara Bushman, PhD
Editor



Synopsis

Here is the ultimate resource for maximizing your exercise and nutrition efforts. In this new edition of ACSM's Complete Guide to Fitness & Health, you have an authoritative reference that allows you to apply research-based guidance to your unique health and fitness needs. With a focus across the life span, this resource shows you how to pursue optimal health and fitness now and throughout the years to come. The American College of Sports Medicine, the largest and most respected sport science and medicine organization in the world, has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health. This new edition contains age-specific advice within the framework of the latest research, thus helping you to avoid the lure of fads, unfounded myths, and misinformation. You will learn these strategies:

- Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health.
- Optimize your weight and increase strength, flexibility, aerobic fitness, and functional fitness.
- Improve health and manage conditions such as diabetes, cardiovascular disease, cancer, depression, osteoporosis, arthritis, pregnancy, and Alzheimer's disease through exercise and nutrition.
- Monitor, evaluate, and tailor your exercise program for optimal results.

Featuring step-by-step instructions and full-color photos for the most effective exercises, sample workouts, practical advice, age-specific physical activity and dietary guidelines, and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles, ACSM's Complete Guide to Fitness & Health is a resource that belongs in every fitness enthusiast's library.

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Customer Reviews

s a sportsmedicine doctor and educator about the benefits of exercise and techniques to improve fitness, I wish I had this book 20 years ago! It is now an invaluable part of my library and an essential tool for learning, communicating to patients (and friends) and for reference. The book is written by experts who have taken the scientific research and translated this into useable and very readable information that is state-of-the art and well illustrated. The material is understandable without being too simplistic. This is the second edition of this practical and useful volume. The book has been extensively updated to reflect the current guidelines and recommendations on nutrition and exercise. Entirely NEW chapters have been added on Alzheimer's disease, cancer and depression. I also found interesting the new information in the chapter on neuromotor exercise training. The best of the original edition is retained including sample programs and updated how-to pictures for various exercises which are essential in explaining these others and as a take-home..A wide variety of people are shown doing the exercises and this book is accessible for all. * The book is written by experts who have taken the scientific research and translated this into useable information. The material is understandable without being too simplistic. * The book is written by experts who have taken the scientific research and translated this into useable information. The material is understandable without being too simplistic.

Very comprehensive, up to date information, backed by research

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