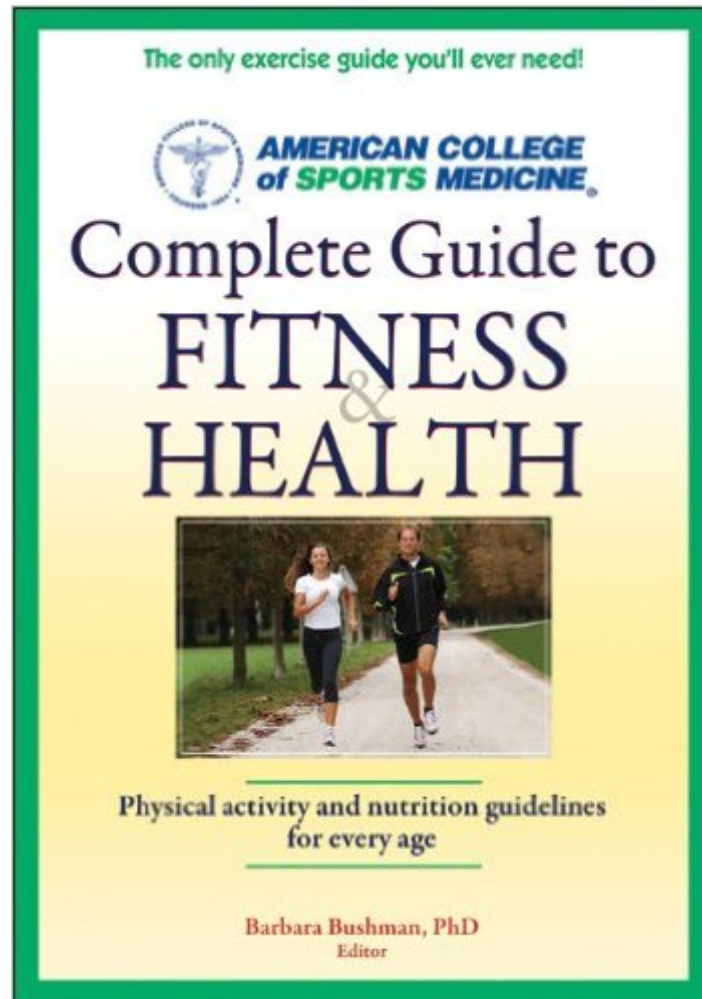


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# ACSM's Complete Guide To Fitness & Health (1st Edt)



## Synopsis

You know the importance of good health, but how do you achieve it? And how do you maintain it through the years as your body and lifestyle change, introducing obstacles to physical activity and optimal nutrition? In ACSM's Complete Guide to Fitness & Health, you will find the answers and much, much more. The American College of Sports Medicine, the largest and most-respected sport science and medicine organization in the world, has created the ACSM's Complete Guide to Fitness & Health to strip away common fads, myths, and misconceptions and provide you with the latest research, sound advice, and age-specific recommendations that you can trust. You will learn these strategies:

- Optimize your weight, improve heart health, and increase aerobic fitness, strength, flexibility, and balance.
- Improve your health by managing diabetes, high blood pressure, high cholesterol, arthritis and joint pain, pregnancy, and osteoporosis through exercise and proper nutrition.
- Determine your body composition and current cardiorespiratory and muscular fitness levels.
- Monitor, evaluate, and adjust your exercise program over time for optimal results.
- Introduce exercise, increase physical activity, and improve your diet for more energy and better health (no matter what your age!).

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

## Book Information

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## Customer Reviews

This book breaks it all down...whether you are a fitness professional looking to expand your knowledge with the latest research, tools, studies, and only factual proven info into fitness and health, this is an excellent tool...However, if you are simply someone with no current knowledge who, instead, wishes to learn how to GET healthy or how to get fit, this gives you every tool, breaks the myths, tells you how, why, and what with no mystery or hard-to-grasp reading. I am a visual learner. My absolute favorite fitness books always read like a great textbook: easy to understand but made interesting with full color pictures, easy to understand graphs, bulletpoints, charts etc in addition to well-written text. And this book offers all those tools so nothing is left "fuzzy" or misunderstood for the reader. It is an exercise guide but not one by someone wanting to sell a book with some "new" and unproven theory as to what will work. This, instead, is compiled from the American College of Sports Medicine so years of studies, research, and proven tools go into the teaching within. What's in it: Physical activity and nutrition guidelines for every age. But let's break that down...did you know that people who simply do physical activities like gardening, chores, etc daily are considered "inactive"? Physical fitness includes aerobic and strength training and the results are actually quite different for the body than mere physical activities...as outlined in the first chapter. So what's the difference? What should you be doing? What should you be eating? And how does age play a part in these questions...that's the core of the book and no matter what you think you know, you'll learn more.

I highly recommend the Complete Guide to Fitness and Health by Dr. Barbara Bushman. A quick overview of the table of contents gives a very good indication of the wealth of information that it contains. This book does what the title says: it provides a \*complete guide\*. It is written in a style that both the exercise professional and the lay reader/recreational exerciser can read and understand. It is written clearly and numerous examples and pictures are provided. As an exercise professional, this is a book that will be on my shelf and be used as a primary reference book. It will be a book that I recommend to my students and colleagues as a "must-have". I will also recommend it to the non-exercise professional, as an excellent reference book for them. It is not often that one book can serve both audiences, but this one does. The Complete Guide is divided into four major sections. Following is a summary. Part I - Fit, Active and Healthy This section gives a good overview of fitness and health. Information is given on assessing your initial fitness level and determining if an exercise program can be begun safely. Various examples and tests are given regarding this, including assessment of heart rate, body mass index, and various aerobic, strength and flexibility tests. In

addition to detailed textual information, many pictures, tables and calculation examples are also provided to make this information as clear as possible. This is a great preparatory section. Part II - Exercise and Activity for Building a Better You Following the information regarding initial fitness level, the book goes into detail on specifics of designing a personal fitness training program.

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