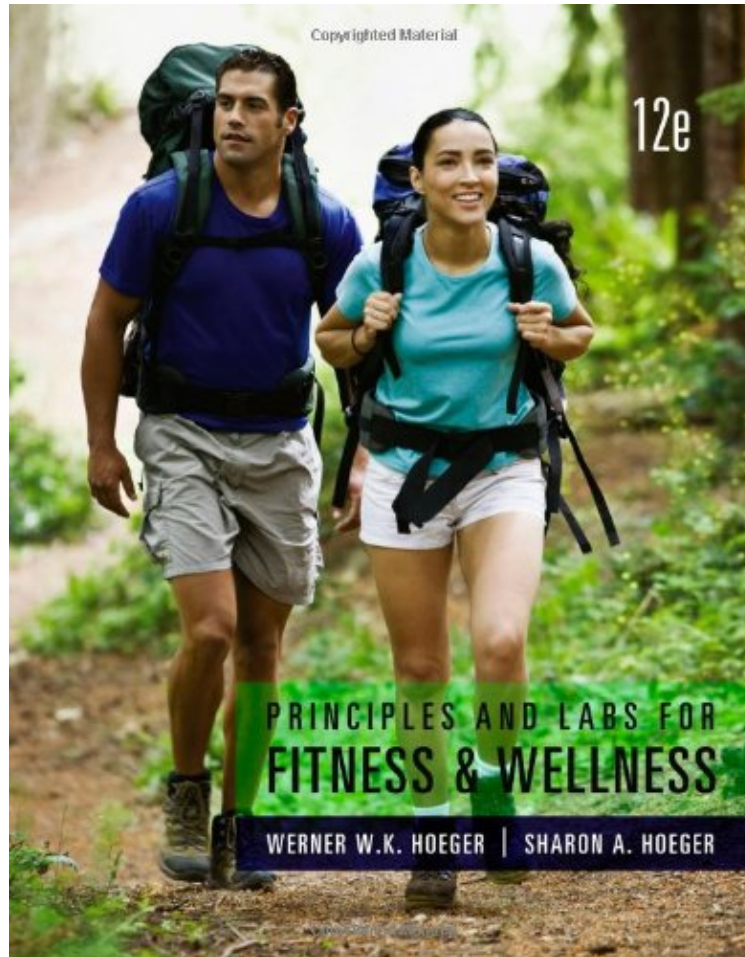


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Wener W.K. Hoeger, Sharon A. Hoeger : Principles and Labs for Fitness and Wellness before purchasing it in order to gage whether or not it would be worth my time, and all praised Principles and Labs for Fitness and Wellness:

1 of 1 people found the following review helpful. The self-tests in this book give you an excellent assessment of your health and even predict how long ...By Renata SenykEveryone should read this book in conjunction with a fitness class! If you have any medical problems associated with obesity, then this book will help provide insight. There are no "magical" cures or weight loss pills, programs that will work except for the "tried and true" hard work of healthy eating habits and exercise as described in this book. The self-tests in this book give you an excellent assessment of your health and even predict how long you may live depending on how you live now. People pay hundreds of dollars to see nutritionists, personal trainers and health care providers who follow the recommendations in this book. I am an RN and this helped fill the gaps in my education as well as help me lose weight (body fat) and has pointed me in the direction of a healthy life-style. I often refer to this book for guidance.1 of 1 people found the following review helpful. Informative and usefulBy CatI got this for school but I ended up using it on my own! It's very informative on

nutrition, diet, healthy lifestyles and how the body works, but my favorite part of it is the stretches and excersizes it has in it. The diagrams and pictures for stretches and excersizes are very resourceful, and even give you alternative options to common stretches that are better on your body. It also contains a lot of fitness and wellness evaluations and physical tests you can perform to evaluate yours health. If you read this book front to back and followed it's advice, you would be very knowledgeable and very healthy! Worth the buy if you are interested in keeping a good resource for the science behind nutrition and wellness.0 of 0 people found the following review helpful. College book for PE course.By MI4LifeLot of generic, commonly known knowledge about fitness and exercise. This was for a basic PE course I had to take at college. At lease the book I bought used was very cheap. I also hardly used the book as most of course was just sitting through powerpoints, class activities, and getting time in the gym. The tests were too easy on their own and I actually stopped doing the required reading because it was such basic stuff.

Discover and achieve your personal fitness and wellness goals with Hoeger/Hoeger's **PRINCIPLES AND LABS FOR FITNESS AND WELLNESS**, 12th Edition. Its personalized approach emphasizes behavior change and provides you with current, practical information and tips to incorporate in your daily life. **PRINCIPLES AND LABS FOR FITNESS AND WELLNESS**, 12th Edition offers a variety of resources for you to turn active learning into active living, including new "MyProfile" boxes, "Behavior Modification Planning" boxes, exercise videos, online labs, and more. Use these resources to achieve and maintain your personal health and wellness goals! Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

About the AuthorDr. Werner W.K. Hoeger Professor Emeritus in the Department of Kinesiology at Boise State University, and 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, keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness, Dr. Hoeger continues to research and lecture on exercise physiology, physical fitness, and wellness. In addition to **PRINCIPLES AND LABS FOR PHYSICAL FITNESS**, Dr. Hoeger has published several Cengage Learning texts including *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*. Dr. Hoeger is a former luge athlete (2002 and 2006 Winter Olympian); All-American by USA Track Field in 2012, 2014, 2015, and 2016; and renowned fitness and wellness innovator. He 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, and holds a bachelor's degree in computer science from Brigham Young University. As co-author of **PRINCIPLES AND LABS FOR PHYSICAL FITNESS**, and four other Cengage Learning texts, Mrs. Hoeger is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all of 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!