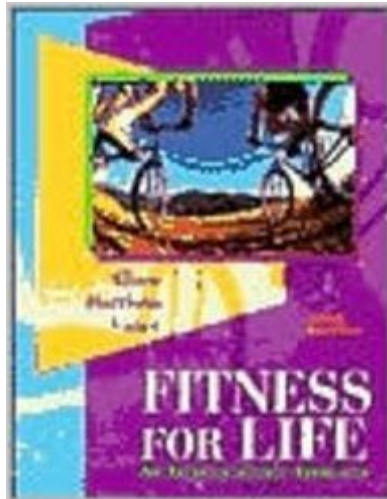




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# Fitness For Life: An Individualized Approach



## Synopsis

Fitness for Life provides more than just the facts about cardiovascular endurance, muscular strength, weight control, nutrition and relaxation techniques--it provides students with the tools to apply what they've learned to their own lifestyle.

## Book Information

Paperback: 296 pages

Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 6 edition (November 1, 1996)

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,622,656 in Books (See Top 100 in Books) #28 in [Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Medicine](#) #88 in [Books > Reference > Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes > Education](#) #2207 in [Books > Medical Books > Medicine > Sports Medicine](#)

## Customer Reviews

Among other things, this book teaches how to exercise to get the most aerobic benefit and build up your heart's endurance. It has a huge list of every type of sport/activity/exercise imaginable and how many calories you'd burn doing the given exercise for a given amount of time, then teaches you to plan how long you need to exercise to get results. I followed the exercise principles taught in the book and got into the best shape of my life. It's not a fad program or miracle cure, just solid, time-tested principles that work--if you do the work.

I was fortunate to have used this excellent text - and had the author, Dr. Allsen as my instructor - while a student at Brigham Young University. The text covers everything that is needed for healthy lifestyles. Nutrition, flexibility, exercising, etc. Easy to understand. Highly recommended.

This is a superb book. It gets at the "heart" of living a healthy life with simple, straight-forward advice. I would recommend it to anyone.

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