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**Fitness for Life - Charles B. Corbin, Ruth Lindsey ...**

Case Study zjim is a 30 year old LEK senior associate. Both of his parents died of cardiovascular disease. He quit smoking about 3 years ago. His resting blood pressure is 139/89. His cholesterol is 218mg/dl.

**Fitness for Life - Saint Mary's College**

Physical Activity Pyramid for Teens From Fitness for life teacher resources and materials, 5th ed, by Charles B. Corbin, Karen McConnell, and Darren Dale, 2005, Champaign, IL: Human Kinetics. From Physical Best activity guide: Middle and high school levels, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

**Physical Activity Pyramid for Teens**

[www.humankinetics.com](http://www.humankinetics.com)

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Fitness for life (5th ed.). Champaign, IL: Human Kinetics. Examines the roles of nutrition and exercise in meeting the needs of students. Reviews training principles and guidelines for improving physical fitness and exercises that benefit major muscle groups.

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