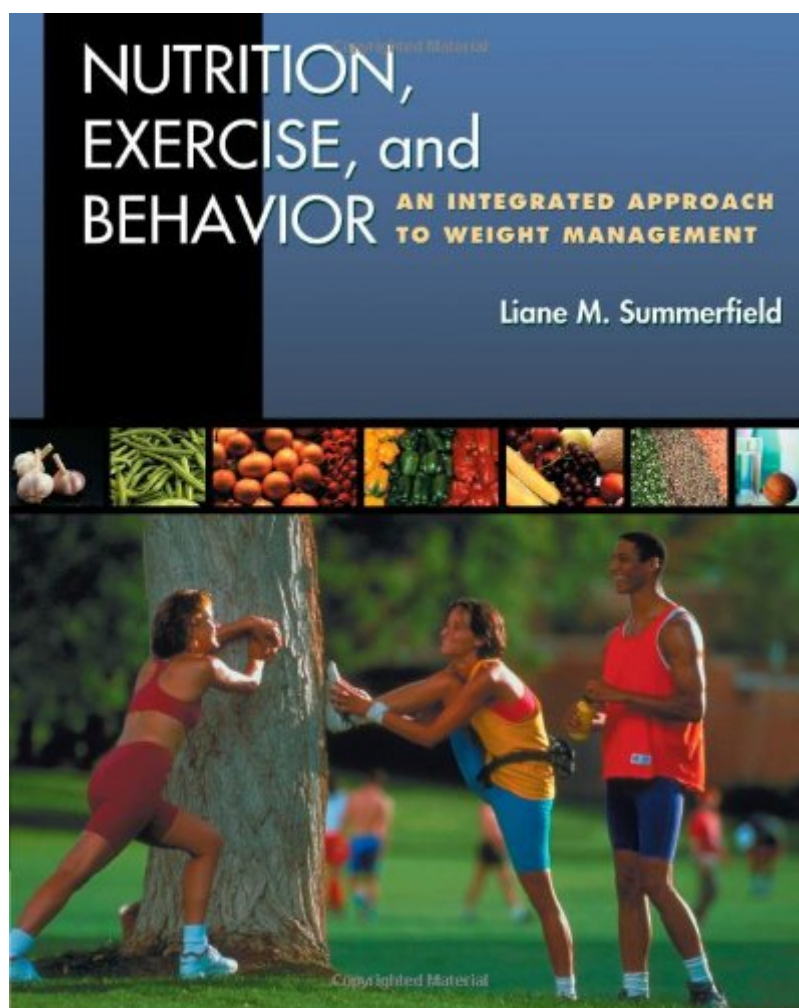


Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management PDF



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This text presents the basic principles of weight management and examines the role that nutrition and physical fitness play in weight control. The text includes detailed coverage of assessment techniques, behavioral and non-behavioral treatment approaches, and prevention strategies.

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