



## ByeBye! Subhealth S19(Chinese Edition)

By HUANG GUANG MING . WANG HONG ZHU

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-26 Publisher: People's Sports title: ByeBye! Subhealth original price: 9 Author: Guang-Ming Huang, Wang book Publisher: People's Sports Publishing Date :2005-26 ISBN: 9.787.500.926.269 Words: Page: Revision: Binding: Folio: Weight: Editor's Summary This book from the sub-health state of the public health threat paper discusses the best way out of the sub-health is the science fitness. Include: four aspects of the scientific exercise. proper nutrition. special modulating method and rational lifestyle connotations. According to their more than thirty years of practical experience in sports medicine. the author summarizes the scientific fitness. the word through easy-to-understand. especially the 1411 sports essentials innovative. that is. a basic four suitable for an bull's-eye and a fundamental . as should follow the principle of people to participate in the exercise. In order to strengthen its practicality and maneuverability. the book also describes the fitness walking. jogging and hiking and other class movement. as well as high blood pressure. diabetes and obesity. exercise prescription. The book also describes the knowledge of the general public are not familiar with the supplemental water and electrolytes. sports...



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