



## Fitness Knowledge: Beginner s Fitness Book

By Kym Stephens, Jay Walkins

Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Jay Walkins / Kym Stephens Fitness Books. Many people have used the term wellness to emphasize that positive health is much more than simply being free from illness; there is an additional quality to maintaining a health well-being. I use the term fitness to try and capture this same concept. Fitness is a condition reached through striving for optimal quality of life in all aspects: social, mental, psychological, spiritual and physical. These aspects of fitness are interrelated; a high level in one of the areas enhances other areas, and, conversely, a low level in any area restricts the accomplishments possible in other areas. Physical activity can also contribute to learning ability and forming relationships. Fitness Books. Fitness and health can also be defined as being alive with no major health problems. The primary health goals are to avoid premature death, or to delay death by avoiding a preventable disease. However, the components related to these goals include heredity, environment, habits and general health status. Actions and behaviors that contribute to a healthy life are regular exercise, nutrition, adequate...



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### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

-- **Romaine Rippin**

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lyda Davis II**

## Other Books



### **Rumpy Dumb Bunny: An Early Reader Children's Book**

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Rumpy is a dumb bunny. He eats poison ivy for breakfast and annoys the other forest creatures with his dim-witted...



### **Overcome Your Fear of Homeschooling with Insider Information**

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Homeschooling: YOU CAN DO IT! If you are considering homeschooling, Overcome Your Fear of Homeschooling will help you understand...



### **400+ Funny Jokes: Funny Jokes for Kids**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.400+ Funny Jokes for Kids! Are you looking for a fun book to keep the kids entertained and happy? This funny...



### **Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



### **Spanky the Mouse**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The biggest failure in life for any parent, or anyone raising a child is, if the Child grows up to...



### **Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...