

Lifetime Physical Fitness and Wellness: A Personalized Program - 2008 - 9780495389361 - Wener Hoeger, Sharon Hoeger - 544 pages - Cengage Learning, 2008

Sharon A. Hoeger is Vice President of Fitness and Wellness, Inc. in Boise, Idaho, and holds a bachelor's degree in computer science from Brigham Young University. Co-author of five Cengage texts, Mrs. Hoeger researches current scientific information for revisions and develops accompanying interactive software applications -- innovations that set the standard for fitness and wellness software today. The Hoeger husband-and-wife team has been working, innovating, and training together for four decades. I will keep this book and now that I've finished the course, I'll have time to focus on setting up my own fitness program. Read more. One person found this helpful. Start studying Lifetime Fitness and Wellness 10th Edition. Learn vocabulary, terms and more with flashcards, games and other study tools. For a muscle to increase in strength of endurance, the training program must be specific to obtain the desired effects. Periodization. Training approach that divides the session into cycles using a systematic variation in intensity and volume of training to enhance fitness and performance. Dynamic Exercise. Required criteria to achieve a high level of physical fitness; ability to do moderate to vigorous physical activity without undue fatigue. Physical fitness standard. Ability of the lungs, heart, and blood vessels to deliver adequate amounts of oxygen to the cells to meet the demands of prolonged physical activity. This book is designed to help individuals understand how their lives can be enhanced by making and implementing appropriate healthy fitness and wellness choices throughout one's lifetime. Choices made today will shape your future in all dimensions of wellness. In order to enjoy the highest quality of life, combat degenerative diseases, and cope effectively with day-to-day. This book is designed to help individuals understand how their lives can be enhanced by making and implementing appropriate healthy fitness and wellness choices throughout one's lifetime. Choices made today will shape your future in all dimensions of wellness. Lifetime Physical Fitness & Wellness : A Personalized Program, Twelfth Edition . Werner W. K. Hoeger, Sharon A. Hoeger. college.cengage.com. https://college.cengage.com/.../fitness_and_wellness.../hoeger_1111990018_ch03.pdf. clipped from Google - 10/2020. [PDF] Download Lifetime Physical Fitness and Wellness: A sites.google.com. <https://sites.google.com/site/.../Lifetime-Physical-Fitness-.pdf>. [PDF] Download Lifetime Physical Fitness and Wellness: A File Format: PDF/Adobe Acrobat. and Wellness: A Personalized Program Mobi. Download Lifetime Physical Fitness and Wellness : A