

Health Reference Series

Volume Twenty

# **Fitness and Exercise SOURCEBOOK**



*Basic Information on Fitness and Exercise, Including Fitness Activities for Specific Age Groups, Exercise for People with Specific Medical Conditions, How to Begin a Fitness Program in Running, Walking, Swimming, Cycling, and Other Athletic Activities, and Recent Research in Fitness and Exercise.*



*Edited by  
Dana R. Harris*

# Fitness Exercise Sourcebook The Practical Guide To Physical Fitness

**M Tight**



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