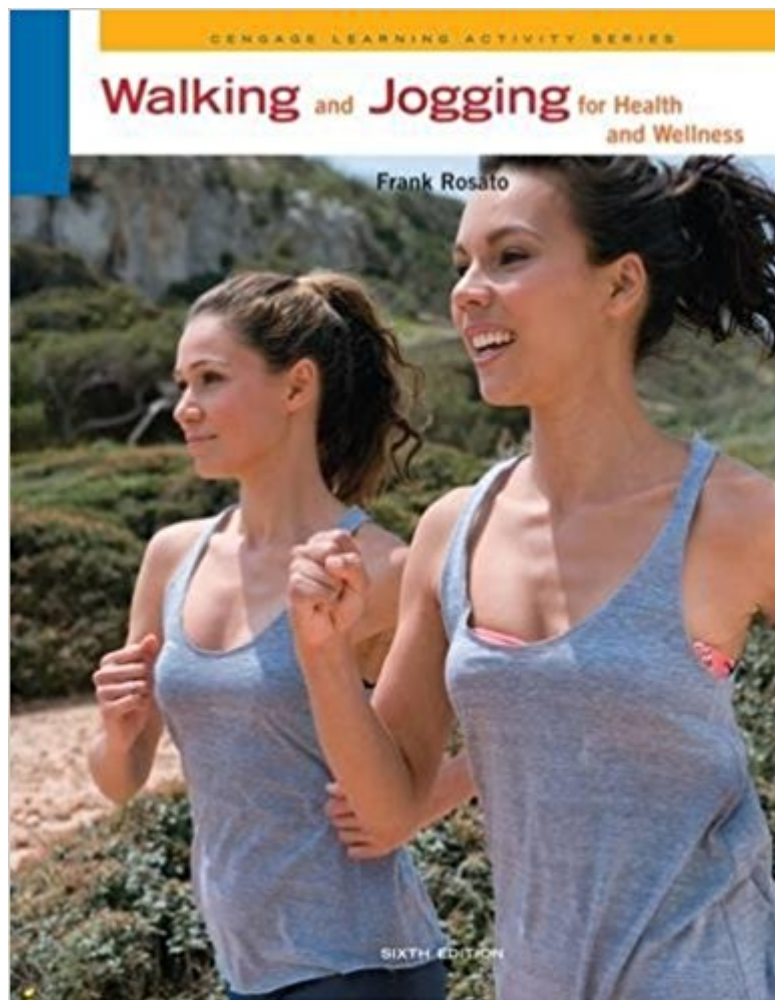




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Walking And Jogging For Health And Wellness (Cengage Learning Activities)



Synopsis

Cengage Learning Activity Series From aerobics and yoga -- to bowling, tennis, weight training, and more -- Cengage Learning offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Cengage Learning Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. Introduce students to the health benefits of walking and jogging with this concise text, **WALKING AND JOGGING FOR HEALTH AND WELLNESS**. It presents persuasive and logical reasons to include exercise daily, and provides guidelines for beginning and sustaining walking and jogging programs in order to meet health and fitness goals.

Book Information

Series: Cengage Learning Activities

Paperback: 176 pages

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Product Dimensions: 8.4 x 0.4 x 10.7 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #207,287 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#) #62 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #334 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#)

Customer Reviews

1. Physical Fitness: An Overview. 2. Getting Started. 3. Walking and Jogging for Health and Fitness. 4. Prevention and Treatment of Walking and Jogging Injuries. 5. Physiological Adaptations of Walking and Jogging. 6. Nutrition for Active People. 7. Reducing the Risk of Selected Diseases Through Exercise.

It's for school. Great price to rent rather than buy!

Good information, helpful to learn the tricks of running.

I had pages ripped when it was bought.

The book arrived pretty much brand new. It came in just in time for my class, although I only had to open it maybe 5 times. Will rent from them again! Thanks!

I saw this book in the community college book store and liked it but was upset with the price (\$34). Actually, compared with how overpriced the other text books were, this was not too extreme. Still, I did not buy it. Instead I went to . There the new edition was also too high for me. Frankly, the older edition that I did buy was more expensive than most books would be in the same situation. I bought it and looked forward to its arrival. I was a jogger (runner) for many years, but now limit my aerobic exercise to walking and that was my approach to reading the book. I read it in one sitting although it has enough information that I will keep it with my other fitness resources and expect to consult it from time to time. I knew most of the material. Most of the new information related to medical connections to fitness. Since this was written as a college text book, it has several features that I like: vocabulary listings, chapter summaries, glossary, and index. The most obvious difference that I noted between my 2003 edition and the current edition is that the newest one is color throughout. This one has color only on the cover. For my money I like the older one! Still, I recommend the book.

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