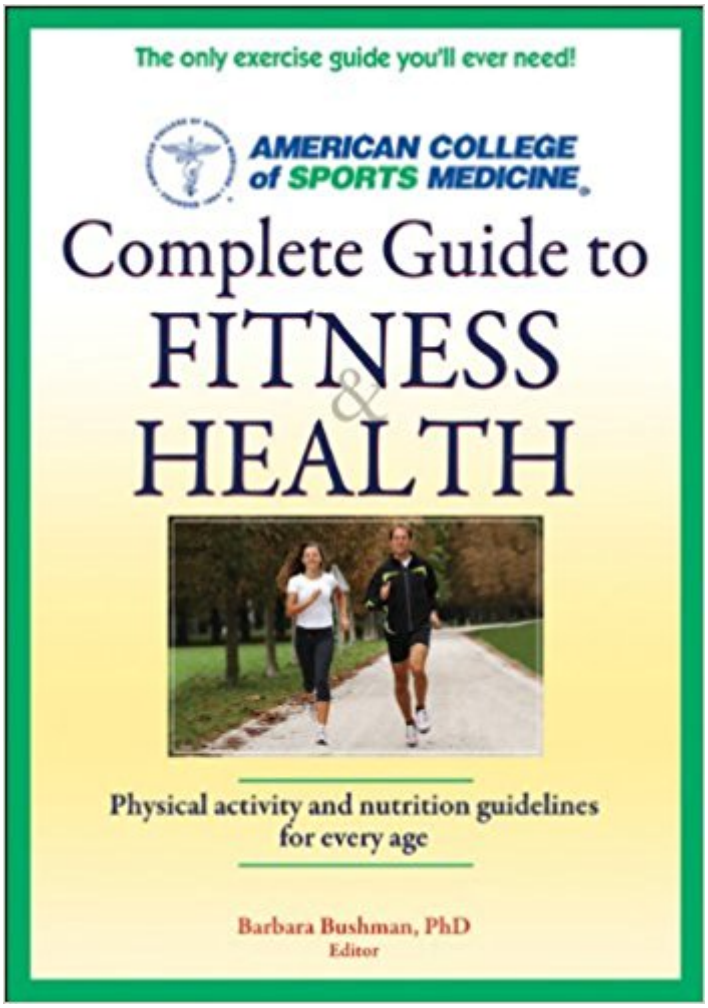
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ACSM's Complete Guide To Fitness & Health (1st Edt)



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Synopsis

You know the importance of good health, but how do you achieve it? And how do you maintain it through the years as your body and lifestyle change, introducing obstacles to physical activity and optimal nutrition? In ACSMÃ¢â ¬â„¢s Complete Guide to Fitness & Health, you will find the answers and much, much more. The American College of Sports Medicine, the largest and most-respected sport science and medicine organization in the world, has created the ACSMÃ¢â ¬â„¢s Complete Guide to Fitness & Health to strip away common fads, myths, and misconceptions and provide you with the latest research, sound advice, and age-specific recommendations that you can trust. You will learn these strategies: Ã¢â ¬Â¢Optimize your weight, improve heart health, and increase aerobic fitness, strength, flexibility, and balance. Ã¢â ¬Â¢Improve your health by managing diabetes, high blood pressure, high cholesterol, arthritis and joint pain, pregnancy, and osteoporosis through exercise and proper nutrition. Ã¢â ¬Â¢Determine your body composition and current cardiorespiratory and muscular fitness levels. Ã¢â ¬Â¢Monitor, evaluate, and adjust your exercise program over time for optimal results. Ã¢â ¬Â¢Introduce exercise, increase physical activity, and improve your diet for more energy and better health (no matter what your age!). Featuring step-by-step instructions and full-color photos for the most effective exercises, sample workouts, practical advice, age-specific physical activity guidelines, and strategies for incorporating exercise into even the busiest of lifestyles, ACSMÃ¢â ¬â„¢s Complete Guide to Fitness & Health is a resource that belongs in every familyÃ¢â ¬â„¢s library.

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Customer Reviews

Ã¢â ¬Å“This book is a great resource that compiles key information on the major areas of exercise, fitness, and health. It should be on the shelf of every fitness enthusiast.Ã¢â ¬Â• Steven N. Blair -- Original President of the National Coalition for Promoting Physical Activity, Author of Fitness After 50 and Physical Activity and Health Ã¢â ¬Å“ACSMÃ¢â ¬â„¢s Complete Guide to Fitness & Health provides the programs, principles, and guidelines for achieving your desired results safely and efficiently. This is the authoritative book that you need.Ã¢â ¬Â• Wayne L. Westcott, PhD, CSCS -- Fitness Research Director, Quincy College, Author of Strength Training Past 50 and Fitness Professional's Guide to Strength Training Older Adults Ã¢â ¬Å“ACSMÃ¢â ¬â„¢s Complete Guide to Fitness & Health is a phenomenal resource on customizing health and fitness programs for people of all ages and abilities. Everyone can benefit from this valuable source of information on living a healthy lifestyle." Melissa Johnson, MS -- Former Executive Director, President's Council on Physical Fitness and Sports Ã¢â ¬Å“ACSM's Complete Guide to Fitness & Health should be in every familyÃ¢â ¬â„¢s library. With activities and sample exercise programs for every age group and fitness level, the book offers an authoritative guide to fitness and health.Ã¢â ¬Â• Stephanie Wood -- Executive Editor, Parenting Magazine

ABOUT THE ACSM With 35,000 members, the American College of Sports Medicine is the largest and most-respected sports medicine and exercise science organization in the world. Founded in 1954, the ACSM works to promote and integrate scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life for people worldwide. ABOUT THE EDITOR Barbara A. Bushman, PhD, FASCM is certified as a program director and exercise specialist through the American College of Sports Medicine (ACSM) and is a professor at Missouri State University. She received her PhD in exercise physiology from the University of Toledo and has teaching experience in identification of health risks, exercise testing and prescription, anatomy, and physiology. Bushman also is the associate editor of ACSMÃ¢â ¬â„¢s Resources for the Personal Trainer and a reviewer for ACSM's Medicine & Science in Sports & Exercise, Women & Health, and ACSMÃ¢â ¬â„¢s Health & Fitness Journal. She has been a fellow of the American College of Sports Medicine since 1999, serving on the ACSM Media Referral Network. Bushman is the lead author of Action Plan for Menopause as well as numerous research articles. She resides in Strafford, Missouri, with her husband, Tobin. She participates in numerous activities in her leisure time, including running, cycling, hiking, weightlifting, kayaking, and scuba diving. ABOUT THE

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I got this book for my class. It's easy to follow and comprehend but some of the recommendations

need to be updated to match current research.

I highly recommend this book for people of all levels of fitness. It is extremely well-written and the information is given in an accessible and motivating way. What I liked most is that it wasn't a lot of personal philosophy like you get with most fitness books. Just information based on research and scientific evaluation.

Dr Bushman does an excellent job of providing expert advice on getting into shape. The book is an easy read, and the pictures provide a great visual for completing the exercise properly. This book is a "must" read by all family members. It helps the beginner to the more advance in all phases of exercise. The book also provides nutritional guidelines for all ages. If you would like to read a "very understandable" book on exercise, you must purchase this book!

The Kindle version of this book has VERY poor quality graphics & charts. It looks like they were scanned in improperly. Most of the info-graphics are completely illegible.

The fitness background information in this book is well organized and presented. However, the same information is available from many similar titles. The book is misnamed because it certainly is not "complete". It does not offer definitive guidance for the key questions readers need answered: How to optimize Body Mass Index and Body Composition for health and longevity. Public documents provide more definitive answers to these crucial questions which are not included in this book.

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I recommended this book in my book, "Fat Genes to Skinny Jeans", as a thorough fitness guide. It deals with heart health, aerobic fitness, strength, flexibility and balance. It guides you in assessing and planning your fitness program.Fat Genes to Skinny Jeans: How I lost 230 lbs in weight, found fitness and saved my life

If you are wanting a complete source for fitness and health then this book is for you! I never really took fitness seriously and then I decided enough was enough and I was going to get fit. This book has helped me take on a workout plan that is safe and effective. It is easy to read, they don't "talk

down to you", and it is a great guide overall.

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