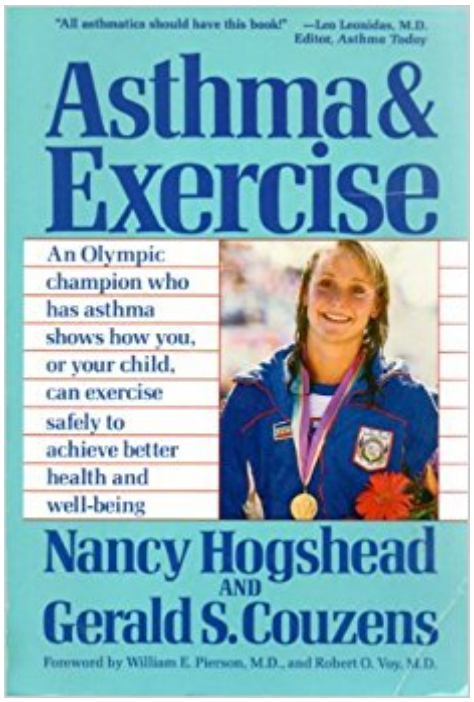
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Asthma & Exercise



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Synopsis

There are 10 million Americans with asthma--3 million are children--and most are afraid to exercise. Today, thanks to new medical research, we know that exercise can enhance their emotional and physical well-being. Nancy Hogshead shows readers how to take control of their asthma and become fit for life through a variety of exercise programs.

Book Information

Paperback: 239 pages

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Language: English

ISBN-10: 0805016880

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Product Dimensions: 8 x 5.2 x 0.7 inches

Shipping Weight: 9.6 ounces

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Customer Reviews

Olympic swimming medalist Hogshead joins medical writer Couzens to produce an inspiring book for asthma sufferers. Personal experiences of asthmatic athletes, including those of runner Jackie Joyner-Kersee, are woven into each chapter, integrating information on medication and breathing exercises with individual predicaments. Particularly touching is the story of Rich DeMont, who was stripped of his gold medal in 1972 for using an asthma medication not approved by the Olympic Committee. An excellent book for young asthmatics and their parents, urging them to use athletics to improve their condition, and to avoid using asthma as an excuse to skip activities. An excellent supplement to Paul J. Hannaway's Asthma Self-Help Book (LJ 7/89)-- Robert Schmid, L . R . C . , Univ. of Health Sciences/Chicago Medical Sch., North ChicagoCopyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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