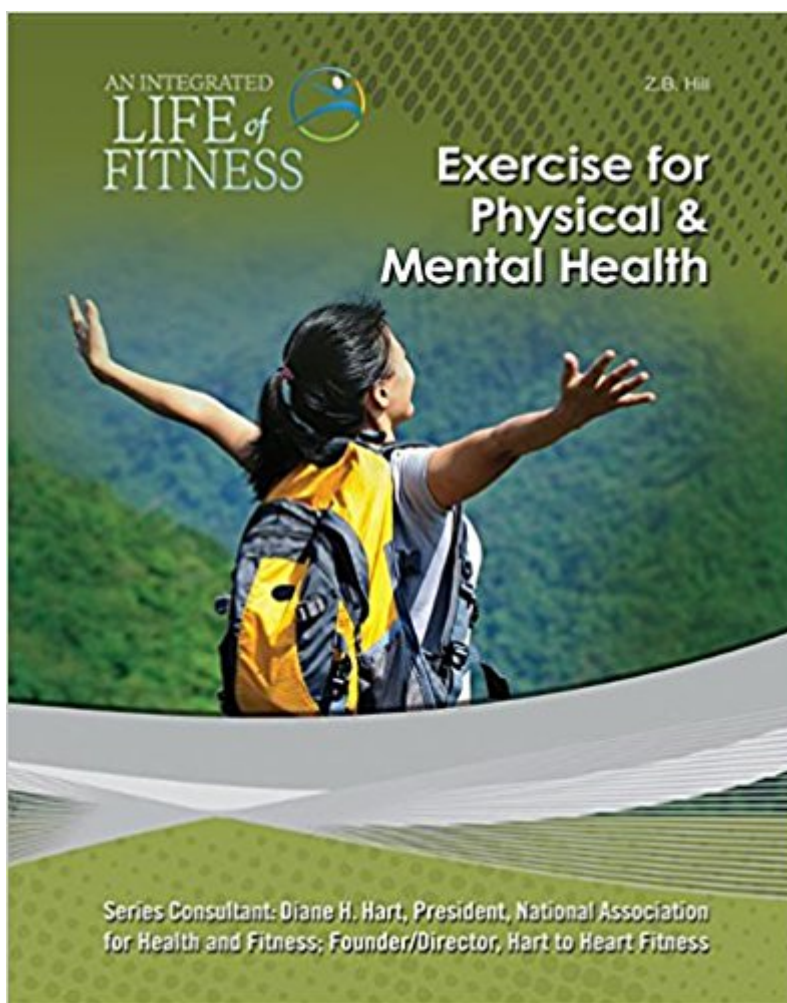


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# Exercise For Physical & Mental Health (An Integrated Life Of Fitness)



## Synopsis

You know that exercise and physical activity can change the way your body looks, helping you lose weight and build muscle. But did you know that exercise also changes the way you think? Find out how exercise affects your body and your mind, improving your physical health and helping you to feel good about yourself. Discover the science behind how exercise helps you avoid health problems and how working out can lift your mood. Learn how to create a workout plan and stick with it!

## Book Information

Series: An Integrated Life of Fitness (Book 10)

Library Binding: 64 pages

Publisher: Mason Crest (September 2014)

Language: English

ISBN-10: 1422231615

ISBN-13: 978-1422231616

Product Dimensions: 0.5 x 6.8 x 9.2 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

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Best Sellers Rank: #4,785,469 in Books (See Top 100 in Books) #67 in [Books > Teens > Personal Health > Personal Hygiene](#) #95 in [Books > Teens > Personal Health > Fitness & Exercise](#)

## Customer Reviews

Gr 9 Up-Each title introduces readers to various styles of exercise and their benefits, providing historical and scientific background as well as practical exercise routines. The photos show relatable teens, and though the graphics are dated, they're understated and don't interfere with the texts. Luckily, the overly chummy tone in the introductions (Core Workouts cheerfully states, "We've got your back!") disappears later on, and a more academic style of writing takes over. Explanations of how physical activity strengthens muscle groups and mental functioning will provide subtle motivation, and "Text Dependent Questions" will assist with closer reading and research activity. The physiological information is detailed enough for a college course in exercise science. Each book touches on safety and common injuries. Despite a few missteps, this excellent series demonstrates how a physical education class can be interdisciplinary and academically rigorous. (c) Copyright 2014. Library Journals LLC, a wholly owned subsidiary of Media

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