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Tony Lycholat



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The Fitness Workbook Murray, John L. Murray (Ph. D.), Charles F. Workman, Workman Publishing, 1989-09 **The Complete Stress Management Workbook** Thomas Whiteman, Tom Whiteman, Sam Verghese, Randy Petersen, 1996 The authors present a step by step process that defines stress gives pretests for identifying sources of stress in your life identifies unproductive coping strategies and shows how to make a stress management program part of your daily lifestyle Complete with graphs charts and diagrams it is a practical biblical route to worrying less and enjoying life more **The Complete Book of Men's Health** Men's Health Books, 2000-08-22 Provides information on health related topics exercise diet and personal grooming

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Complete Book of Beauty Helena Sunnydale, 2005 **The Complete Guide to Physical Conditioning for Golfers** David G. Keir, 1996 **The Wharton's Complete Book of Fitness** Jim Wharton, 2003 **The Complete Book of Aerobics** Ann Carpenter, 1984 *The Complete Book of Resistance Training* Tony Lycholat, 1990 *Journal of Health, Physical Education, Recreation*, 1943 **Waterstone's Guide to Books** Waterstone & Co, 1989 **Waterstone's Guide to Books** Waterstone & Co., Ltd, 1989 The Easy Fitness Workbook Lorna Lee Malcolm, 1999-01-01 The easy fitness workbook brings all the benefits of a personal trainer into the home without the expense Written by a Reebok master trainer who was voted Fitness Leader of the Year in 1999 and illustrated throughout with color photographs this workbook analyzes the most common problems associated with building fitness and gives specific instructions on how to overcome those problems The book and CD also feature guided warm ups and cool downs Each of the 20 exercises is accompanied by clear advice on its benefits and each has its own solutions and variations page Specially developed to suit all ages and levels of ability The easy fitness workbook teaches even reluctant readers how to improve heart health on a doctor's advice enhance a weight reduction program or train for a specific physical challenge or activity such as a camping vacation in the wilderness

Rockport's Complete Book of Exercise Walking Gary Yanker, 1983 The Journal of Health and Physical Education, 1943 **Total Heart Health for Women Workbook** Jo Beth Young, Richard Leachman, Michael Duncan, Ed Young, 2005-12

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Physical Fitness Workbook : Fit for Democracy -- Fit to Fight Thomas Kirk Cureton, 1942 The Complete Book of Nautilus Training Michael D. Wolf, 1984 **Dr. James M. Rippe's Complete Book of Fitness Walking** James M. Rippe, 1989. The world's leading expert on walking for fitness has written the most comprehensive book available. Special advice on walking for women, for people over fifty, for injury and cardiac rehabilitation, for pregnant women, plus walking gear, preventing injury, motivation, stretching, hiking, nutrition and more.

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