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Health and Fitness for Life Raschel Larsen, 2018-09-01 Health and Fitness for Life is an introductory college textbook that shows students how to improve their habits related to physical activity, eating, or stress management. With a focus on real-world activities and practices for increasing overall wellness, this book includes grounded examples of practical health-based situations and healthy choices from diverse perspectives that will give students strategies for identifying and improving areas of their health. This book covers the basics of exercise and healthy living, as well as more advanced topics, including: • Cardiorespiratory fitness • Muscular strength and endurance • Flexibility training and mobility • Body composition • Nutrition planning and guidance • Stress management • Chronic and infectious disease • Substance use and abuse • Environmental health This book's data-driven study of health and fitness is goal-oriented, instructive, and encouraging for students of varying backgrounds and states of wellness. The approach in these pages creates relevant links between guidance from official health organizations and everyday life. There's something for everyone here, whether you're looking to improve habits related to physical activity, eating, or stress management, or to better understand your place in the world as a healthy individual. Written by community college health faculty, Health and Fitness for Life blends down-to-earth instructional text with numerous examples of relevant situations and outcomes for students from all demographics.

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diseases of the immune system, listing names, symptoms, research, treatments available and more.

Inevitable Karen Wiesner,2020-02-25 Tori Bertoletti, librarian and planet cataloger, and Raze Salen, mankind's emissary, aboard the Human spacefaring liveship the Aero have convinced their government of the dire need to negotiate formal alliances with the other cultures in the galaxy. The monumental task they're undertaking and the consequences of failure are mind-rattlingly clear. Complications muddle the mission in the form of uneasy truces and frustrating stalemates, long-held enigmatical cosmologies suddenly called into life-altering question, along with immediate and imminent threats that could tear apart the fabric of the entire universe and everything living in it.

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