

Exercise and Health Professor Kevin Sykes

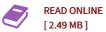




# Exercise and Health: A Laypersons Guide

By Prof Kevin Sykes

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 84 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Professor Kevin Sykes Exercise and Health A Laypersons Guide This book is a collection of short papers and articles about the role of exercise in promoting health and wellbeing. It represents a written response to the many questions asked by students, health professionals, public audiences, readers and viewers during the authors many years in academia, worldwide conference presentations, television and radio broadcasting, and freelance journalism. This item ships from La Vergne, TN. Paperback.



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