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## Physical Activity and Health-2nd Edition

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Human Kinetics. Hardcover. Book Condition: New. Hardcover. 456 pages. Dimensions: 11.0in. x 8.5in. x 1.3in. The human body is designed for activity. For most of our history, physical activity was required for survival, but technological advances have eliminated much of the need for hard physical labor. As our activity levels have dropped, it has become clear that a physically inactive lifestyle can lead to a host of health problems. Physical Activity and Health, Second Edition, provides a comprehensive treatment of the research on the benefits of a physically active lifestyle in comparison with the harmful consequences of physical inactivity. Written by leading scientists from the United States, Canada, Europe, and Australia, Physical Activity and Health, Second Edition, brings together the results of the most important studies on the relationship between physical activity, sedentarism, and various health outcomes. The second edition has been fully updated based on the latest advances in this rapidly changing field and expanded to include the following new content: A chapter on the physiology of inactivity and the effects of sedentary behavior even in people who engage in appropriate amounts of physical activity, which is an area of growing interest. More extensive coverage of physical activity, aging, and...



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