

Lifetime Physical Fitness And Wellness A Personal

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Lifetime Physical Fitness and Wellness Werner W. K. Hoeger 1995

Studyguide for Lifetime Physical Fitness and Wellness Cram101 Textbook Reviews 2013-05 Never HIGHLIGHT a Book Again Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanies: 9780872893795. This item is printed on demand.

Principles and Labs for Fitness and Wellness Wener W.K. Hoeger 2016-12-05 Exercise, eat right, and thrive! Emphasizing the importance of a fitness and wellness lifestyle, PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 14th Edition, challenges you to meet your personal fitness and wellness goals, and shows you how to inspire others to do the same. This includes behavior modification techniques through sensible approaches and a strong focus on the practical ways you can incorporate changes into in your daily life. By the end of the course, you will feel proficient in creating an exercise program suited to your values, making nutrition choices, crafting an active lifestyle, and overcoming barriers to personal change. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lifetime Physical Fitness and Wellness: A Personalized Program Wener Hoeger 2008-02-20 Written by noted authority Dr. Werner Hoeger, LIFETIME PHYSICAL FITNESS AND WELLNESS, 10e, delivers thorough, balanced, and up-to-date coverage that equips you with the theory and tools needed to make positive health behavior choices now and throughout your life. The text presents material that is interesting, timely, and relevant to your world--including practical steps you can take to start positive behavior changes to improve your health. Excellent photos and descriptive examples help you easily visualize and relate to chapter concepts. The text's unique design integrates activities throughout each chapter, enabling you to learn core concepts and immediately apply your knowledge to self-review and application exercises. LIFETIME PHYSICAL FITNESS AND WELLNESS features the latest research, including the new ACSM Guidelines, and interactive learning resources such as CengageNOWTM, an online tutorial that includes pre- and post-tests, personalized study plans, activities, labs, and the personal change planner. The authors teach you how to take control of your personal fitness, health, and lifestyle habits so you can make a constant and deliberate effort to stay healthy--and realize your highest potential for

good health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lifetime Fitness and Wellness

Health and Wellness for Life Human Kinetics (Organization) 2009 Chap. 1: Introduction to Health and Wellness. Chap. 2: Principles of Physical Fitness. Chap. 3: Nutrition Basics. Chap. 4: Weight Management. Chap. 5: Mental Health. Chap. 6: Managing Stress. Chap. 7: Intimate Relationships and Sexuality. Chap. 8: Reproductive Choices. Chap. 9: Pregnancy and Childbirth. Chap. 10: Infectious Diseases and Sexually Transmitted Diseases. Chap. 11: Chronic Diseases. Chap. 12: First Aid and Injury Prevention. Chap. 13: Consumer Health and Alternative Medicine. Chap. 14: Environmental Health. Chap. 15: Substance Use and Abuse. Chap. 16: Healthy Aging. Chap. 17: Wellness Throughout Life.

Fitness and Wellness Wener W.K. Hoeger 2014-01-01 Create your own personal fitness and wellness success stories with Hoeger and Hoeger's FITNESS AND WELLNESS. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools online to extend your learning beyond the text. FITNESS AND WELLNESS offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Fit & Well Thomas Davin Fahey 2020

Concepts of Fitness and Wellness Charles B. Corbin 2004-06 Concepts of Physical Fitness & Wellness: A Comprehensive Lifestyle Approach provides readers with self-management skills necessary to adopt a healthy lifestyle. These skills will make a positive difference in one's health, fitness, and wellness through the use of activity labs and logs.

Principles and Labs for Fitness and Wellness Wener W.K. Hoeger 2015-01-01 PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition challenges students to meet their personal fitness and wellness goals, and perhaps teach others to do the same. Fully updated by fitness experts Hoeger and Hoeger, this text emphasizes behavior modification through sensible approaches and provides a strong focus on the practical ways students can incorporate changes into their daily lives. Chapters are written in a student-friendly tone with supporting features such as My Profile, Behavior Modification Planning, and "FAQs," all designed to highlight important practices. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition also offers interactive learning tools such as exercise videos, online labs, and self-assessments that bring topics to life and help students maintain their new healthy lifestyles. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Fitness and Wellness Wener W.K. Hoeger 2016-01-01 Create your own personal fitness and wellness success stories with Hoeger and Hoeger's FITNESS AND WELLNESS. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors

emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools to extend your learning beyond the text. FITNESS AND WELLNESS offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Stick With Exercise for a Lifetime Robert Hopper 2012-06-01 Exercise physiologist and wellness expert Robert Hopper's step-by-step guide offers a refreshing new formula for succeeding with exercise for the long haul and finding pleasure in the process!

National Standards & Grade-Level Outcomes for K-12 Physical Education SHAPE America - Society of Health and Physical Educators 2014-03-13 Focused on physical literacy and measurable outcomes, empowering physical educators to help students meet the Common Core standards, and coming from a recently renamed but longstanding organization intent on shaping a standard of excellence in physical education, National Standards & Grade-Level Outcomes for K-12 Physical Education is all that and much more. Created by SHAPE America — Society of Health and Physical Educators (formerly AAHPERD) — this text unveils the new National Standards for K-12 Physical Education. The standards and text have been retooled to support students' holistic development. This is the third iteration of the National Standards for K-12 Physical Education, and this latest version features two prominent changes: •The term physical literacy underpins the standards. It encompasses the three domains of physical education (psychomotor, cognitive, and affective) and considers not only physical competence and knowledge but also attitudes, motivation, and the social and psychological skills needed for participation. • Grade-level outcomes support the national physical education standards. These measurable outcomes are organized by level (elementary, middle, and high school) and by standard. They provide a bridge between the new standards and K-12 physical education curriculum development and make it easy for teachers to assess and track student progress across grades, resulting in physically literate students. In developing the grade-level outcomes, the authors focus on motor skill competency, student engagement and intrinsic motivation, instructional climate, gender differences, lifetime activity approach, and physical activity. All outcomes are written to align with the standards and with the intent of fostering lifelong physical activity. National Standards & Grade-Level Outcomes for K-12 Physical Education presents the standards and outcomes in ways that will help preservice teachers and current practitioners plan curricula, units, lessons, and tasks. The text also • empowers physical educators to help students meet the Common Core standards; • allows teachers to see the new standards and the scope and sequence for outcomes for all grade levels at a glance in a colorful, easy-to-read format; and • provides administrators, parents, and policy makers with a framework for understanding what students should know and be able to do as a result of their physical education instruction. The result is a text that teachers can confidently use in creating and enhancing high-quality programs that prepare students to be physically literate and active their whole lives.

Lifetime Health 2003 Being healthy is much more than being physically fit and free from disease. Health is the state of well-being in which all of the components of health -- physical, emotional, social, mental, spiritual, and environmental -- are in balance. To be truly healthy, you must take care of all six components. - p. 11.

Fitness and Wellness Wener W.K. Hoeger 2018-01-01 Equipping you with current research and practical tools, FITNESS AND WELLNESS, 13th Edition, helps you take control of your personal fitness and wellness--and make positive choices for your health. Authors Hoeger, Hoeger, Hoeger and Fawson incorporates the latest statistics and guidelines on nutrition, fitness and disease prevention, and adheres

to the most current American College of Sports Medicine guidelines. After you assess your current behaviors, you can apply the text's easy steps to start positive behavior changes. Hands-on activities help you find a personal connection to chapter content, while engaging visuals and descriptive examples bring chapter concepts to life. Empower yourself to make positive changes and improve your health with FITNESS AND WELLNESS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lifetime Physical Fitness and Wellness Wener W. K. Hoeger 2021-01-13 Take control of your personal well-being with LIFETIME PHYSICAL FITNESS & WELLNESS, 16th Edition. The book shows you how to assess your current behaviors, identify potential problem areas and apply practical steps to start positive changes. Real life stories from other students bring chapter concepts to life. Additionally, hands-on activities help you assess your fitness and wellness level and put chapter concepts into personal practice. Online resources reinforce key concepts through behavior modification planning activities, practice tests, online activities and labs, and a behavior change planner. Empower yourself to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS & WELLNESS.

Lifetime Physical Fitness and Wellness Colleen Maloney-Hinds, Ph.D. 2012-01-01 NEW! An eCompanion is now available to accompany the eBook for Lifetime Physical Fitness and Wellness, 12E. Students can carry this light-weight manual to class and use it to help synthesize their understanding of key concepts from the text. Features include chapter objectives and summaries, key terms, an interactive "Concept Check" section, review questions, and space for note-taking. A comprehensive study tool, the eCompanion assists in exam preparation, allows students to follow-along in class without the printed book or computer, and reinforces the concepts presented in the text.

Fit2Fat2Fit Drew Manning 2012-06-12 Drawing from the lessons and insights of his breakout website, Fit2Fat2Fit.com, personal trainer Drew Manning delivers the story of his quest to go from fit to fat to fit again in one year in order to better understand the weight-loss struggles of his clients and the online community. Drew embarked on this journey to prove to clients, website followers, and people across the country that it is possible to get back into shape—and his bottomless desire to kindle a new hope for his readers comes through on every page of Fit2Fat2Fit. With before and after (and after...) photos to that tell their own striking story, and intimate reflections from Drew's wife Lynn, Fit2Fat2Fit is more than a spectacle or a gimmick; it's an inspiring story, and sound proof that anyone can reach the level of fitness they desire to make themselves happy.

Implementing Strategies to Enhance Public Health Surveillance of Physical Activity in the United States National Academies of Sciences, Engineering, and Medicine 2019-06-19 Physical activity has far-reaching benefits for physical, mental, emotional, and social health and well-being for all segments of the population. Despite these documented health benefits and previous efforts to promote physical activity in the U.S. population, most Americans do not meet current public health guidelines for physical activity. Surveillance in public health is the ongoing systematic collection, analysis, and interpretation of outcome-specific data, which can then be used for planning, implementation and evaluation of public health practice. Surveillance of physical activity is a core public health function that is necessary for monitoring population engagement in physical activity, including participation in physical activity initiatives. Surveillance activities are guided by standard protocols and are used to establish baseline data and to track implementation and evaluation of interventions, programs, and policies that aim to increase physical activity. However, physical activity is challenging to assess because it is a complex and multidimensional behavior that varies by type, intensity, setting, motives, and environmental and social influences. The lack of surveillance systems to assess both physical activity behaviors (including walking)

and physical activity environments (such as the walkability of communities) is a critical gap. Implementing Strategies to Enhance Public Health Surveillance of Physical Activity in the United States develops strategies that support the implementation of recommended actions to improve national physical activity surveillance. This report also examines and builds upon existing recommended actions.

Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

Fitness and Wellness Wener W.K. Hoeger 2016-01-01 Create your own personal fitness and wellness success stories with Hoeger and Hoeger's FITNESS AND WELLNESS. This text helps you take control of your personal fitness and wellness by providing current, practical information and tips that you can incorporate to start living a healthier life. This succinct nine-chapter text offers balanced coverage on health-related physical fitness components with valuable information on wellness. The authors emphasize motivation and behavior modification to help you make a constant and deliberate effort to stay fit and realize your highest potential for good health. Use the interactive study tools to extend your learning beyond the text. FITNESS AND WELLNESS offers you the most current coverage and practical guidelines to take charge of your health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Wellness Worksheets Paul M. Insel 2003-08-01 Concepts of Physical Fitness and Wellness: A Comprehensive Lifestyle Approach provides readers with self-management skills necessary to adopt a healthy lifestyle. These skills will make a positive difference in one's health, fitness, and wellness through the use of activity labs and logs. In addition, new copies of the text now come packaged with the HealthQuest Activities CD-ROM. Web addresses to supplemental resource materials, such as a self-study guide, sample exam questions, and definitions of terms, as well as other enrichment materials, are also provided.

Principles and Labs for Fitness and Wellness Wener Hoeger 2011-01-01 Help your students discover their own personal fitness and wellness stories with Hoeger/Hoeger's PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 11th Edition. Its personalized approach emphasizes behavior change and provides your students with current, practical information and tips to incorporate in their daily lives. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 11th Edition offers a variety of resources for students to turn active learning into active living, including new Real Life Stories case studies, portable perforated reference cards, and exercise videos and online labs on CengageNOW and WebTutor. Encourage students to use these resources to achieve and maintain their personal health and wellness goals! Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lifetime Physical Fitness and Wellness Wener W.K. Hoeger 2021-02-01 Take control of your personal well-being with LIFETIME PHYSICAL FITNESS & WELLNESS, 16th Edition. The book shows you how to assess your current behaviors, identify potential problem areas and apply practical steps to start positive changes. Real life stories from other students bring chapter concepts to life. Additionally, hands-on activities help you assess your fitness and wellness level and put chapter concepts into personal practice. Online resources reinforce key concepts through behavior modification planning activities, practice tests, online activities and labs, and a behavior change planner. Empower yourself to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS & WELLNESS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lightness of Body and Mind Sarah Hays Coomer 2016-05-12 Forget every tactic you've ever tried to lose weight and feel better. Put down your weapons once and for all, and step out of the field of battle. Despite how it may seem, your brain and body are not unsupportive beasts bent on undermining your fitness goals. They just want some chips and dip, that's all. They aren't the problem. The way you're trying to manipulate them is. In *Lightness of Body and Mind: A Radical Approach to Weight and Wellness*, personal trainer Sarah Hays Coomer offers a different approach. She proposes that you will never be able to achieve a body you love by doing things that you hate, that deprivation and limitation will never set you free, and that punishing workouts and strict diets are dead end roads. The way to a body that works is by doing more of what you authentically love. Through memoir and intimate client stories, this book encourages you to dance with your demons, to choose and cherish the ones you have no intention of giving up, and to build a solid infrastructure, dedicated to good health, in which wellness and indulgence spring from the same source. You don't need more control. You just need functional knowledge of how habits are formed; a reverent, dizzy appreciation for falling apart when necessary; and laser focus on what brings you to life.

Lifetime Physical Fitness and Wellness Wener Hoeger 2006-02-22 LIFETIME PHYSICAL FITNESS AND WELLNESS was the first book in the field to cover both fitness and wellness in the same text. Now in its Ninth Edition, this proven text -- with its uniquely strong emphasis on using behavior modification techniques to achieve healthy lifestyle habits -- has been praised across the country for its ability to help students realize their highest potentials for health, fitness, and well-being. Each chapter guides students in developing a personalized fitness and wellness program by allowing them to chart and update their progress as they meet their goals. The Hoegers integrate activities throughout each chapter (instead of at the end of chapters) so students can complete each fitness and wellness experience as the concepts are introduced. It doesn't stop there! Three powerful resources -- the PROFILE PLUS 2007 CD-ROM, PERSONAL DAILY LOG, and INFOTRAC COLLEGE EDITION -- are all automatically packaged with this edition of the Hoegers' text! PROFILE PLUS gives students unprecedented flexibility in making lifestyle changes by providing additional assessments, a behavior change plan, nutrition analysis tools, and

exercise logs and prescriptions. It also includes interactive quizzes to help students master and remember the concepts presented in the text. A PERSONAL DAILY LOG allows students to track their progress toward goals they may set for themselves. Included also are suggestions for achieving test success, a variety of records and tables to track fitness activities such as body composition, body mass index, aerobic and strength training logs, and much more! INFOTRAC COLLEGE EDITION provides students with additional resources for obtaining information about topics discussed in the course. This all inclusive package gives students a wealth of tools to help them explore, experience, and better understand the benefits of a healthy lifestyle. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lifetime Physical Fitness and Wellness Wener W.K. Hoeger 2018-01-01 Helping you take control of your lifestyle, LIFETIME PHYSICAL FITNESS AND WELLNESS, 15th Edition, equips you with the most current information and tools to make positive choices for your health. The authors encourage you to assess your current behaviors, identify problem areas and take practical steps to start positive behavior changes for the long term. Vivid illustrations and descriptive examples throughout each chapter help you visualize important concepts, while hands-on activities relate the content to your own life. Empower yourself to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Fitness for Life Charles B. Corbin 1997-12-01

Lifetime Physical Fitness and Wellness: A Personalized Program Wener W.K. Hoeger 2016-01-01 LIFETIME PHYSICAL FITNESS AND WELLNESS can help you take control of your personal fitness and wellness by providing current, practical information and tools to make positive choices for your health. The authors encourage you to assess your current behaviors in order to apply the practical steps you learn in the text to start positive behavior changes. The book integrates activities throughout each chapter to relate the content to your own life and provides dynamic visuals and descriptive examples to help you visualize important concepts. Feel empowered to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Health Opportunities Through Physical Education Corbin, Charles B 2014-04-24 This is not just a health textbook with a few physical education concepts thrown in. School systems that want a single textbook to help them address national, state, and local standards for both physical education and health education will find that this book provides them a unique and cost-effective option.

Lifetime Fitness and Wellness Melvin H. Williams 1990 As our nation focuses more on health, wellness, and the behaviors that contribute to a happier, more positive lifestyle, you and your students will probably find you need some assistance wading through the glut of information. Dr. Melvin Williams brings you the text to help you clearly understand the science behind the many aspects of fitness and wellness in *Lifetime Fitness and Wellness: A Personal Choice*, Fourth Edition.

Fitness for Life Charles B. Corbin 2007 Grade level: 6, 7, 8, 9, e, i, s, t.

Global Action Plan on Physical Activity 2018-2030 World Health Organization 2019-01-21 Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease stroke diabetes and breast and colon cancer. It also helps to prevent hypertension overweight and obesity and can improve mental health quality of life and well-being. In addition to the multiple health benefits of physical activity societies that are more active can generate additional returns on investment including a reduced use of fossil fuels cleaner air and less congested safer roads. These outcomes are interconnected with achieving the shared goals political priorities and ambition of the Sustainable Development Agenda 2030. The new WHO global action plan to promote physical activity responds to the requests by countries for updated guidance and a framework of effective and feasible policy actions to increase physical activity at all levels. It also responds to requests for global leadership and stronger regional and national coordination and the need for a whole-of-society response to achieve a paradigm shift in both supporting and valuing all people being regularly active according to ability and across the life course. The action plan was developed through a worldwide consultation process involving governments and key stakeholders across multiple sectors including health sports transport urban design civil society academia and the private sector.

Principles and Labs for Physical Fitness Wener Hoeger 2011-01-01 Help your students discover their own personal fitness and wellness stories with Hoeger/Hoeger's PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 8th Edition. Its personalized approach emphasizes behavior change and focuses on important fitness topics, including body composition, cardiorespiratory endurance, muscular strength and flexibility. PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 8th Edition offers a variety of resources for students to turn active learning into active living, including new Real Life Stories case studies, portable perforated reference cards, and exercise videos and online labs on CengageNOW and WebTutor. Encourage students to use these resources to achieve and maintain their personal health and wellness goals! Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Lifetime Fitness and Wellness Melvin H. Williams 1995-11 As our nation focuses more on health, wellness, and the behaviors that contribute to a happier, more positive lifestyle, you and your students will probably find you need some assistance wading through the glut of information. Dr. Melvin Williams brings you the text to help you clearly understand the science behind the many aspects of fitness and wellness in Lifetime Fitness and Wellness: A Personal Choice, Fourth Edition.

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Lifetime Physical Fitness and Wellness Wadsworth 2003-02 Available free when you order it packaged with the text, the Personal Daily Log contains an exercise pyramid, ethnic foods pyramid, "How Long Will You Live?" chart based on lifestyle choices, study and exercise tips, time management strategies, and goal setting worksheets. The Personal Daily Log also includes record forms so students can gauge their success in cardiorespiratory exercise, strength training, and healthy eating.

No Sweat Michelle Segar 2015-06-10 Do you secretly hate exercising? Struggle to stick with a program? Millions of people try and fail to stay fit. But what if "exercising" is the real problem, not you? Motivation scientist and behavior expert Michelle Segar translates years of research on exercise and motivation into a simple four-point program that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical activity. In *No Sweat*, Segar will help you find: A step-by-step program for staying encouraged to exercise Pleasure in physical activity Realistic ways to fit fitness into your life The success of the clients Segar has coached testifies to the power of her program. Their stories punctuate the book, entertaining and emboldening you to break the cycle of exercise failure once and for all. Practical, proven, and loaded with inspiring stories, *No Sweat* makes getting fit easier--and more fun--than you ever imagined. Get ready to embrace an active lifestyle that you'll love!