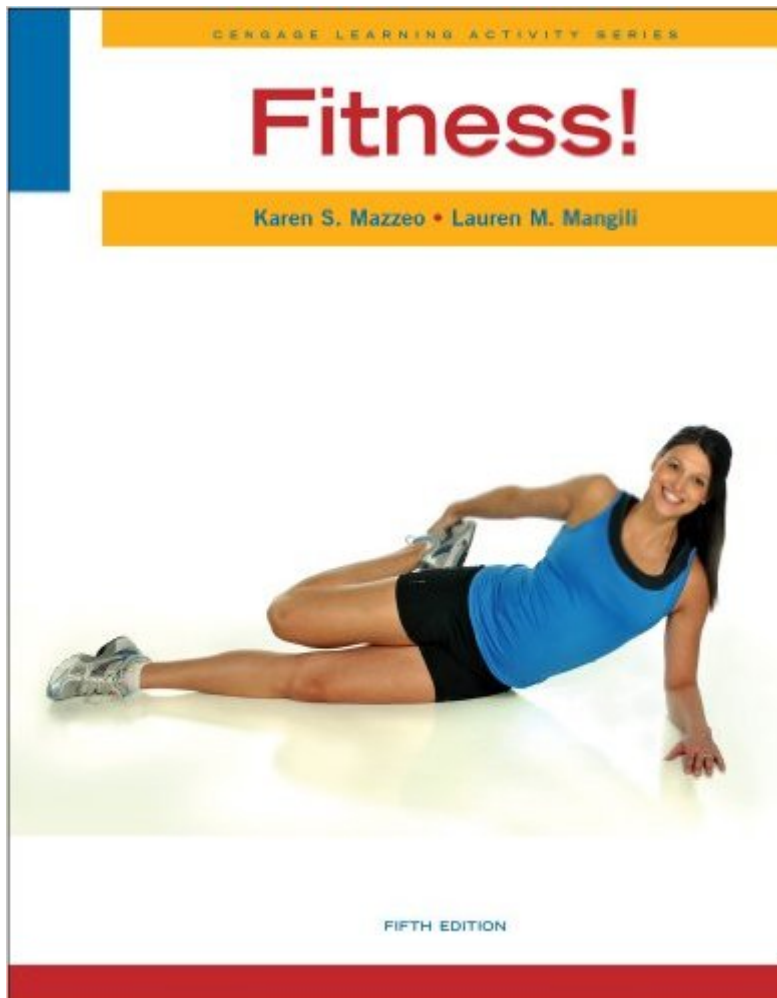


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# Fitness! (Cengage Learning Activity)



## Synopsis

Reach your fitness goals with FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING. It covers the principles and techniques of aerobic dance exercise, step training, and fitness walking. With this innovative book, you will be able to structure a complete physical and mental training program that can work for a lifetime!

## Book Information

Series: Cengage Learning Activity

Paperback: 272 pages

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Language: English

ISBN-10: 0840048092

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Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #712,484 in Books (See Top 100 in Books) #110 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #122 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #155 in [Books > Medical Books > Nursing > Medical Nutrition](#)

## Customer Reviews

The book was whole but on the back it was sliced in half, kinda made it hard to keep it all together.

good book. Liked the content and using it in my school. Thanks and I do recomend it to UNC students.

My granddaughter needed this book for class and was really impressed to get this book at such a good price. I have never used before, but I will be using it again.

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