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exercise prescription to include activity counseling, design modification, exercise demonstration, functionally integrated exercise, injury prevention, and follow-up monitoring for a variety of clients. Central to the book are seven

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client-centered models for each major fitness component that serve as a template of options for each decision in the prescription process: activity counseling, musculoskeletal exercise design, exercise demonstration, cardiovascular exercise

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prescription, resistance training prescription, muscle balance and flexibility prescription, and weight management prescription. The text explains the vital role that functionally integrated exercise plays in improving performance and maintaining musculoskeletal

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Total Fitness and Wellness,
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Powers/Dodd/Thompson/Condon, provides an authoritative and research-based overview of physical fitness and wellness with an increased emphasis on wellness and healthy behaviour change.

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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,

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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

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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

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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

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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

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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

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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

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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

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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,

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researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

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