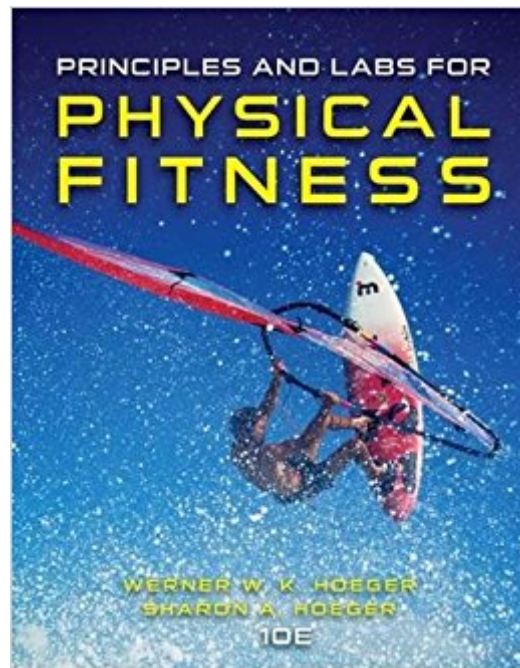


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# Principles And Labs For Physical Fitness



## Synopsis

Discover the benefits of an active, healthy lifestyle with **PRINCIPLES AND LABS FOR PHYSICAL FITNESS**, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, **PRINCIPLES AND LABS FOR PHYSICAL FITNESS**, 10th Edition guides you toward adopting healthy behaviors with "My Profile" and "Behavior Modification Planning" boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow.

## Book Information

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## Customer Reviews

Dr. Werner W.K. Hoeger is Professor Emeritus in the Department of Kinesiology at Boise State University and a Fellow of the American College of Sports Medicine and the Research Consortium of SHAPE America (Society of Health and Physical Educators). The 2004 recipient of the Presidential Award for Research and Scholarship in the College of Education at Boise State University, he was the keynote speaker at the VII Iberoamerican Congress of Sports Medicine and Applied Sciences and the 2010 Western Society for Kinesiology and Wellness. He continues to research and lecture on exercise physiology, physical fitness and wellness. In addition to **FITNESS AND WELLNESS**, Dr. Hoeger has published several Cengage texts, including **PRINCIPLES AND**

LABS FOR FITNESS AND WELLNESS, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, LIFETIME PHYSICAL FITNESS AND WELLNESS, WELLNESS: GUIDELINES FOR A HEALTHY LIFESTYLE and WATER AEROBICS FOR FITNESS AND WELLNESS. A former luge athlete, he competed in the 2002 and 2006 Winter Olympics and was named an All-American by USA Track & Field in 2012, 2014, 2015 and 2016. A renowned fitness and wellness innovator, Dr. Hoeger developed many popular fitness assessment tools in use today, such as the modified sit and reach, total body rotation, shoulder rotation, muscular endurance, muscular strength and endurance, and soda pop coordination tests. Sharon A. Hoeger is Vice President of Fitness & Wellness, Inc. in Boise, Idaho As co-author of FITNESS AND WELLNESS and four other Cengage texts, Sharon is responsible for researching the most current scientific information for each revision, as well as developing the interactive software that accompanies all the Hoeger fitness and wellness textbooks -- innovations that have set the standard for fitness and wellness software today. The Hoeger husband-and-wife team has been jogging and strength training together for more than 39 years! Sharon holds a bachelor's degree in computer science from Brigham Young University.

good

It met my expectations but don't rent it unless you have okayed it with your professor that you can just make copies of the Lab pages that are included in the book.

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