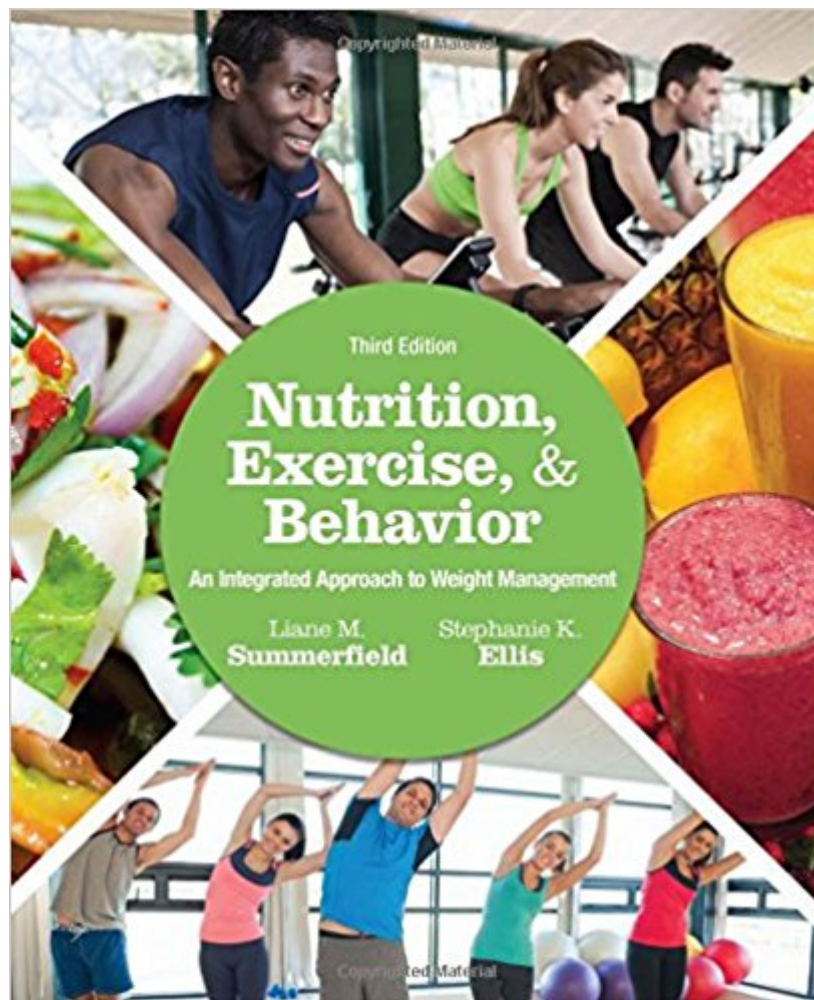




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Nutrition, Exercise, And Behavior: An Integrated Approach To Weight Management



Synopsis

NUTRITION, EXERCISE, AND BEHAVIOR: AN INTEGRATED APPROACH TO WEIGHT MANAGEMENT presents the basic principles of weight management and examines the role that nutrition and physical fitness play in weight control. The text takes an integrated approach to weight management issues and includes detailed coverage of assessment techniques, behavioral and non-behavioral treatment approaches, and prevention strategies.

Book Information

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Customer Reviews

Liane M. Summerfield is a professor of health and nutrition and Associate Vice President for Academic Affairs at Marymount University in Arlington, Virginia. She received her PhD in health education from the University of Maryland in College Park, Maryland. She continues to teach whenever possible and oversees the University's undergraduate research center, freshman seminar program, and faculty development center.

Exactly as the title suggests.. Breakdown by chapter is comprehensive.. Dense with knowledge yet flows for easy understanding.

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