



A Simple Guide to Exercise Safety: What You Don't Know Can Hurt You

By Dana Gore

I Choose Awareness, United States, 2013. Paperback. Book Condition: New. 200 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****. Dana has done a great job at putting together basic, but necessary information for all exercisers, especially the beginner. In a world where we are losing personal responsibility, this book goes a long way to restore this very important human concept. Read this book and take personal responsibility for your well-being. - Juan Carlos Santana, MEd, CSCS A Simple Guide to Exercise Safety is a must read for not only the general public but for fitness professionals as well. Dana's ability to nail down such valuable content in while keeping it easy reading is ingenious. - Jeffrey A Segal, CSCS*D, NSCA-CPT*D, CPTS A Simple Guide to Exercise Safety is the book you didn't realize you needed.until now. Whether looking to hire a personal trainer, join a gym or work-out on your own, there are certain things everyone needs to be mindful of when making these and numerous other decisions in regard to your fitness and nutrition agenda. Have you ever considered asking: - What's the difference between certified and QUALIFIED fitness professionals...

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