

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

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