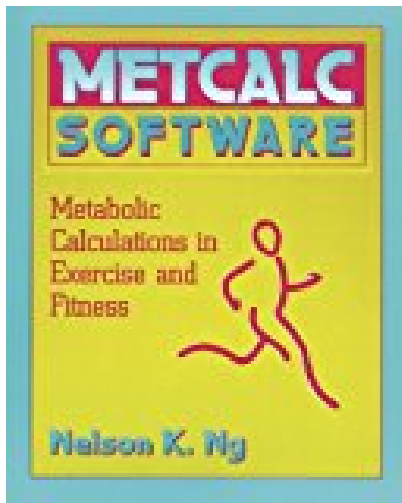


Metcalc Software Metabolic Calculations in Exercise and Fitness



BOOK DETAILS

- Author : Nelson Ng
- Pages : 104 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0873225279



BOOK SYNOPSIS

This book explores the physiological mechanisms and consequences of an under active society as well as the concept of prevention in the form of health promotion programs.

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