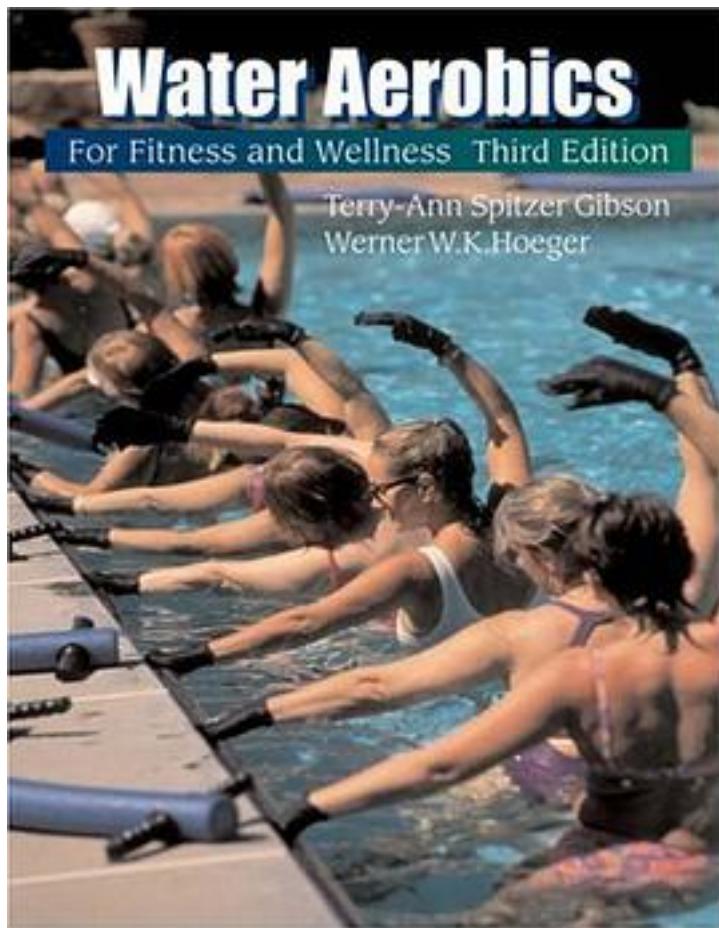


Water Aerobics for Fitness and Wellness (The Wadsworth Activities Series)



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WATER AEROBICS FOR FITNESS AND WELLNESS, Third Edition offers the latest information for obtaining and maintaining wellness through water aerobics. Full of

illustrations and over 100 photos, the text is appropriate for water aerobic classes or activity programs in colleges and universities, health/fitness clubs, and health promotion programs in general. It provides students with guidelines, exercises, and examples to develop a water aerobic program. The text also includes unique chapters on fitness assessment, nutrition, and weight management to encourage a lifetime of fitness and wellness program. Since most theoretical information is often overlooked, the use of this text will provide an excellent resource guide to all participants.

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