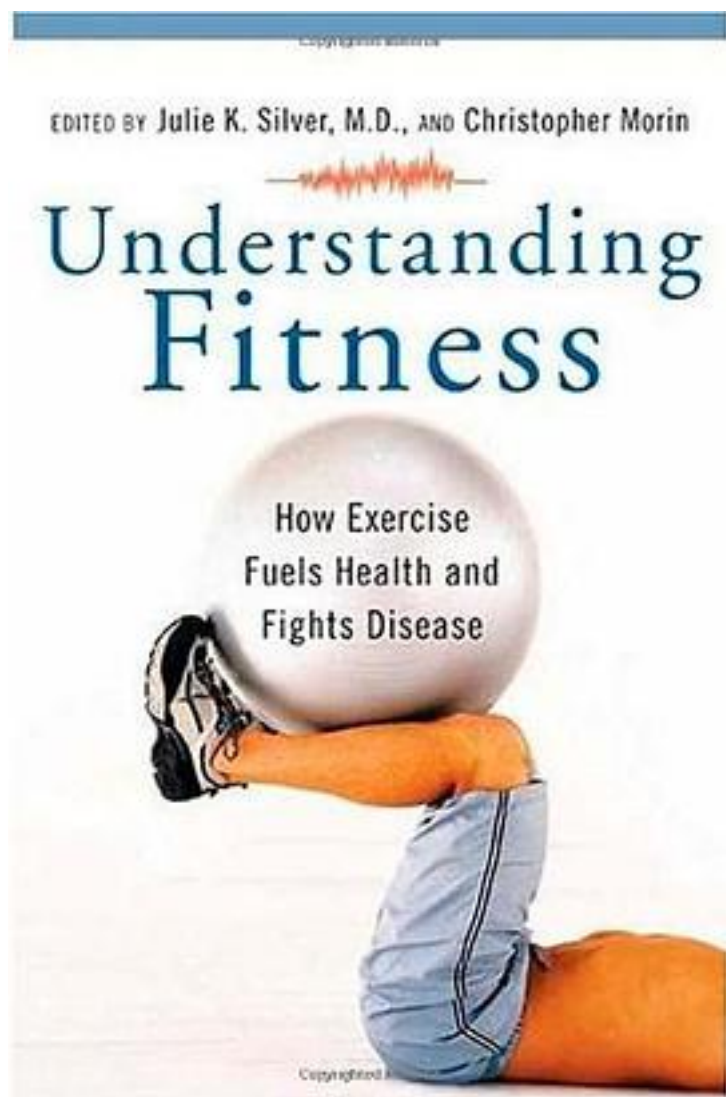


Understanding Fitness



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Harvard's Dr. Julie Silver and bodybuilding champion Christopher Morin join forces with expert contributors to explain just how movement can fuel health and recovery from illness. This work includes a thoughtful review of social factors including historical exercise traditions and more recent fitness fads. The text details the health benefits of exercise as they pertain to five key areas of benefit: cardiovascular health, flexibility, strength, and functional and sports-specific results. Exercise that may stave off or aid in the recovery from specific medical conditions - heart disease, cancer, obesity, diabetes, arthritis, osteoporosis, fibromy-algia, and other muscle pain - is also discussed, as is exercise for the prevention and treatment of mental health disorders.

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