

## Fitness, Aerobics and Gym Operations



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### ***Reviews***

*This pdf is indeed gripping and exciting. it was writtern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Kurtis Parisian)*

## FITNESS, AEROBICS AND GYM OPERATIONS



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Jyoti Enterprises, 2015. Hardcover. Book Condition: New. 1st Edition. Contents: Preface. 1. Physiological systems. 2. Fitness and aerobics. 3. Gym operations and equipments. 4. Nutrition and weight management. 5. Physical activity and health. 6. Yoga and meditation. Fitness, aerobics and gym operations has been inspired by the application course of the same name introduced in the University of Delhi in 2006. This book is of vital importance for several areas of human activity like fitness, measurement and evaluation, gyming etc. This book is based on the latest findings, theories and methods. The information you will find in fitness, aerobics and gym operation regarding: Effect of exercise on various physiological systems like circulatory system, skeletal system, respiratory system and muscular system. Fitness and aerobic throw light on fitness, its concept and maintenance, measurement and evaluation of physical fitness, aerobic fitness and exercise. Gym operations and equipments relates to gym operation, procurement, placement and maintenance of gym equipments, safety measures and prevention of injury in sports. Nutrition and weight management contains tips on nutrition and weight management obesity and related health problems, dieting, health gadgets and gimmicks. Physical activity, wellness and health describe benefits of physical activity, exercise for disease prevention and health promotion, well being and leadership activities. Yoga and mediation explains surya namaskara, stress management, science and spirituality through yoga and meditation. Fitness, aerobics and gym operation will be of great utility to the teachers and the students trying to explore the importance of participation in physical activity at the same time enhances their competence to influence and control the quality of life, of their own as well as others.



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