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Food and Fitness: A Dictionary of Diet and Exercise

Michael Kent

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Michael Kent : Food and Fitness: A Dictionary of Diet and Exercise before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food and Fitness: A Dictionary of Diet and Exercise:

A good diet and regular exercise are the key components of a healthy lifestyle. Food and Fitness enables the reader to evaluate the claims made about different diets and types of exercise, in order to select the combination most suited to his/her needs. Organized alphabetically, the dictionary covers all matters relating to diet and exercise, from dietary methods to food supplements, and sex and exercise to sports injuries. Subject areas include: Diets; Food additives and supplements; Health and fitness topics directly related to exercise; Anatomy; Energy-related terms; Exercises for improving strength, flexibility, stamina, and weight control; Training methods and principles; Injuries

.com From abdominal contraction to zinc oxide ointment, Michael Kent's dictionary provides comprehensive coverage on matters of health and fitness, including muscles and vitamins, drugs and injuries, and appendices on recommended dietary allowances and intakes, nutrient intakes, ratings for activities and sports, exercise benefits, and the composition of selected foods. It covers athlete's foot and Atkins diet, blisters and the blind stork test, march fractures and marasmas, vegans and volleyball. Particularly useful to health and fitness trainers, PE students, coaches and athletes, the dictionary is a helpful reference for anyone wishing to improve fitness, exercise, and dietary health. --Stephanie Gold
About the Author Michael Kent is at St Austell College.