
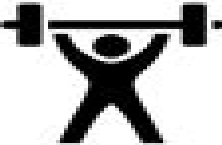








Workout Type	Intensity	Duration	Frequency	Body Movements
HIIT	High	Low	Usually 3-4x / week	 <ul style="list-style-type: none"> <li>• Compound</li> <li>• Repetitive</li> <li>• Dynamic</li> </ul>
CROSS TRAINING	High	Low	5-6x / week	<ul style="list-style-type: none"> <li>• Compound</li> <li>• Complex</li> <li>• Variable</li> <li>• Dynamic</li> </ul> 
STRETCHING	Low	High	3-7x / week	 <ul style="list-style-type: none"> <li>• Isolated</li> <li>• Simple</li> <li>• Usually Static</li> </ul>
WALKING PROGRAM	Low	High	3-7x / week	<ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Simple</li> <li>• Dynamic</li> </ul> 
STEADY STATE CARDIO	High	High	3-5x / week	 <ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Simple</li> <li>• Dynamic</li> </ul>
HOME/REHAB EXCERCISES	Low	Low	3-7x / week	<ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Isolated</li> <li>• Simple</li> </ul> 
RECREATIONAL SPORTS	High	High	1-3x / week	 <ul style="list-style-type: none"> <li>• Compound</li> <li>• Complex</li> <li>• Variable</li> <li>• Dynamic</li> </ul>
WEIGHTLIFTING	High	Low	3-5x / week	<ul style="list-style-type: none"> <li>• Variable</li> <li>• Dynamic</li> </ul> 

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**Lifestyle Fitness Program** Debi Silber,2008 How Fit is Your Lifestyle To lose weight you may hire a Registered Dietitian to design a healthy eating program To get in shape you may hire a Certified Personal Trainer to design a fitness program True fitness however is fitness from the inside out That means that not only do you look better but ALL aspects of your life are fit healthy and whole What about your emotions Your stress level Your relationships Your spiritual needs Unfortunately when it comes to these aspects of health and wellness we may either overlook them or merely look for tips and suggestions While advice in these categories can be extremely valuable it s not enough if we want to look feel and live our best [Change Your Habits, Change Your Life](#) Danna Demetre,2009 Acting as a personal lifestyle coach Danna Demetre offers helps readers

replace negative thoughts with healthier messages that move them toward being the person God designed them to be

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**Strokes of Genius** L. Jon Wertheim,2009-06-01 The executive editor of Sports Illustrated offers an in-depth analysis and behind-the-scenes look at the historic 2008 match between tennis titans In the 2008 Wimbledon men's final Centre Court was a stage set worthy of Shakespearean drama Five-time champion Roger Federer was on track to take his rightful place as the most dominant player in the history of the game He just needed to cling to his trajectory So in the last few moments of daylight Centre Court witnessed a coronation Only it wasn't a crowning for the Swiss heir apparent but for a swashbuckling Spaniard Twenty-two-year-old Rafael Nadal prevailed in five sets in what was according to the author essentially a four-hour forty-eight minute infomercial for everything that is right about tennis a festival of skill accuracy grace strength speed endurance determination and sportsmanship It was also the encapsulation of a fascinating rivalry hard fought and of historic proportions In the tradition of John McPhee's classic *Levels of the Game* *Strokes of Genius* deconstructs this defining moment in sport using that match as the backbone of a provocative thoughtful and entertaining look at the science art psychology technology strategy and personality that go into a single tennis match With vivid intimate detail Wertheim re-creates this epic battle in a book that is both a study of the mechanics and art of the game and the portrait of a rivalry as dramatic as that of Ali Frazier Palmer Nicklaus and McEnroe Borg Deftly touches on all the defining factors of contemporary tennis *San Francisco Chronicle* Illuminates a kingdom changing hands An engrossing book Bud Collins

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loss      **The New York Times Magazine** ,2003      **The Best of Diabetes Self-Management** ,2002 From the most trusted magazine in its field this is the only book that addresses the health care topics that every person with diabetes needs to know Written in straightforward easy to understand language The Best of Diabetes Self Management covers a broad range of essential information 1 How to achieve excellent blood glucose control without tears 2 The most current and easy to understand meal planning guidelines 3 The latest cholesterol guidelines for people with diabetes 4 The newest drugs and insulins how they work along and together 5 How to head off complications and the best treatments 6 The latest on herbs and vitamins 7 How to make sense of research studies 8 Tips on raising a child with diabetes 9 Complete information on diabetes and sex That s just a sample of what s covered If you want in depth easy to understand advice on handling the day to day and long range aspects of managing your diabetes this is the one book you need to have on your shelf

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