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John Higgins, Mathew Morico



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Workouts For Dummies Tamilee Webb, 1998-12-28 Every few months a new diet wonder drug or workout machine hits the market promising instantaneous results. Unfortunately none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine which consists of eating a healthy diet, exercising, resting your body, and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are willing to work for what you want, you can have a healthy and fit body. *Workouts For Dummies* by Tamilee Webb, whose buffed body is the star of the Buns of Steel workout video series, will show you how to get the most out of your workout routine no matter what your current level of fitness. If you're a workout enthusiast, this book will help you shape up with easy workouts you can do anytime, anywhere. Even if you've never exercised, don't worry; this book starts with basic topics such as choosing shoes and warming up. *Workouts For Dummies* covers everything you'll need to create an effective exercise program, starting with an explanation of body types so you don't think you'll end up looking like Cindy Crawford if you don't already, and the workouts that suit your body type. You'll also find directions for stretches, aerobic exercises, muscle conditioning using weights, furniture, exercise bands, and bars, and workouts for different locations: home, office, gym, all with illustrations. *Workouts For Dummies* also deals with the following topics and much more: Creating a personalized workout, Warming up, cooling down, and stretching; Preventing common injuries; Targeting and toning trouble spots; Evaluating equipment, gear, and gadgets; Determining your fitness level; Working out while traveling. Filled with expert tips, techniques, and step-by-step photos that illustrate over 100 exercises, *Workouts For Dummies* will help you make exercising an enjoyable part of your life.

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[Smartphone Apps for Health and Wellness](#) John Higgins, Mathew

Morico, 2023-01-06 *Smartphone Apps for Health and Wellness* helps readers navigate the world of smartphone apps to direct

them to those which have had the best medical evidence in obtaining the users goal The book covers the history of apps how they work and specific apps to improve health and wellness in order to improve patients outcomes It discusses several types of apps including apps for medical care sleeping relaxation nutrition exercise and weight loss In addition sections present the features of a good app to empower readers to make their own decision when evaluating which one to use This is a valuable resource for clinicians physicians researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients Summarizes smartphone apps with the best evidence to improve health and wellness Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes *Contract* Len Corlin,1988 **Skiing** ,1993-12 Ski ,1993-12

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