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APTITUD FÍSICA Y BIENESTAR GENERAL



SECONDA EDIZIONE

Aptitud Fisica Y Bienestar Generalfitness And Wellness

Rosina Ehmann



Aptitud Física Y Bienestar General fitness And Wellness:

Personal Health Pat Floyd, Patricia A. Floyd, Sandra E. Mimms, Caroline Yelding-Howard, 2003 This book emphasizes the individual's personal responsibility for wellness by presenting general core and current health information to guide decision making. The focus of the text is to present health topics including cultural, racial, ethnic, and gender diversity, identify risk factors, and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves, friends, and family. Filled with practical advice, stimulating discussion questions, and self-assessment exercises, this text takes an applied approach and empowers students to take control of their own health. Concentrated emphasis on health issues as they relate to various cultural differences makes this text one of the most up-to-date resources for health-related culture, gender, ethnic, and age issues. LA CIENCIA DEL FITNESS. Alcanza tu máximo potencial Rolando Kunz, 2018-06-28 Una guía a paso a paso escrita y orientada a todas las personas que quieran mejorar su salud y bienestar general por medio del ejercicio y la alimentación. Olvidate de las dietas y de interminables horas de ejercicio. Este libro te enseñará todo lo que necesitas saber para conseguir resultados de manera sencilla, definitiva y ajustado a tu ritmo de vida. *Fundamentos de la evaluación física y biológica* Estrella María Brito Ojeda, 2010-11-05 Poder valorar la aptitud o capacidad permite cuantificar las variables funcionales utilizadas y prescribir programas de actividades ajustadas en cada momento a la mejora funcional, aprendizaje, entrenamiento, salud, etc. Además de tener información del estado de salud del individuo ante tareas y esfuerzos moderados o intensos, mejorar la capacidad de trabajo de la población activa o sedentaria, comparar los resultados entre distintos grupos y verificar la efectividad de los programas de ejercicios realizados. En definitiva, desarrollar pruebas de evaluación cada vez más objetivas y precisas en las diferentes actividades humanas permite educar al individuo en el conocimiento de su cuerpo, limitaciones y posibilidades, y alcanzar los niveles de salud, conocimiento, desarrollo humano y bienestar que las sociedades modernas exigen. En este libro la Profesora Brito Ojeda desarrolla los principales conceptos teóricos de las variables que se analizan posteriormente en los trabajos experimentales y se centra en las baterías adecuadas para la evaluación de la condición física y los tests de campo y de laboratorio específicos del aporte de oxígeno y condición biológica. Este libro constituye un acierto evidente en su planteamiento; es probablemente uno de los estudios sobre la condición biológica más ambicioso y fructífero que se ha publicado en nuestra lengua. En cualquier caso, era lo esperado del trabajo de la Dra. Brito Ojeda sobre la actividad física y de la entidad, experiencia y valía de la autora y de otros profesores que siguen la misma línea de trabajo y persiguen objetivos parecidos e investigaciones comunes. Ojalá que continúen siempre en tan fecunda búsqueda de objetivos científicos, algo que por desgracia no es muy corriente en nuestro país. Así pues, debemos felicitarlos por esta nueva aportación de la Profesora Brito Ojeda que desde hace muchos años trabaja incansablemente para que los límites de la Educación Física y el Deporte se ensanchen y profundicen en la búsqueda de la verdad y la excelencia. Julio C. Legido Arce, Catedrático de Fisiología del Deporte.

Evaluación de la aptitud física y Prescripción del ejercicio Vivian H. Heyward,2008-09-05 *El reto mariposa.*

Funfitt en 28 días / The Butterfly Challenge. Funfitt in 28 days Stanley Sarpong,Susana Yabar,2021-01-19 Consigue un cuerpo y espíritu sanos en 28 días con el método revolucionario de Susana Yabar. Quieres poner a punto tu físico sin descuidar el interior. Consíguelo con el método revolucionario basado en el cuidado del sistema hormonal. Susana Yabar y Stanley Sarpong, expertos en fitness y bienestar, te ofrecen en este libro la fórmula infalible para conseguir tu objetivo: el Funfitt Body Method. Este método basado en entrenamiento HIIT te ayudará a conseguir la figura que siempre has deseado a la vez que mejoras tu calidad de vida. Pero es más que un plan de entrenamiento, pues incluye planes de nutrición, recetas y hábitos saludables que combinados con la actividad física te permitirán verte y sentirte mejor en tan solo 28 días.

ENGLISH DESCRIPTION: Get a healthy body and spirit in 28 days with Susana Yabar's revolutionary method. Do you want to fine tune your outside physique without neglecting your insides? Get it with the revolutionary method based on taking care of the hormonal system. In this book, Susana Yabar and Stanley Sarpong, fitness and wellness experts, offer you the infallible formula to achieve your goal: the Funfitt Body Method. This method based on HIIT training will help you achieve the figure you've always wanted while improving your quality of life. But it's more than a training plan; it includes nutrition plans, recipes, and healthy habits that combined with physical activity will allow you to look and feel better in just 28 days.

Actividad física y calidad de vida, 2006 Nuevas tendencias en acondicionamiento físico y fitness Victor Martín Domínguez, 2015. Cada vez son más el número de personas que van tomando conciencia de la importancia de crear en su vida cotidiana hábitos relacionados con la práctica de actividad física y deportiva como medio para conseguir un bienestar físico y mental. Al hablar de fitness, son muchas las personas a las que la vienen a la cabeza imágenes de deportistas realizando ejercicios de mucha complejidad y de gran intensidad. El término fitness proviene del inglés y significa bienestar. De este modo, fitness es lograr ese estado de bienestar general, principalmente a partir del desarrollo de una actividad física. Es interesante señalar que el estado de bienestar no siempre fue así; varía con las épocas, antes se poseía una idea muy diferente del término bienestar.

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