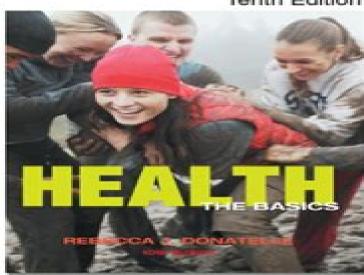
# **Health: The Basics**

Tenth Edition

# Improving Your Personal Fitness



ATWAYS LEARNING PEARSON

# **OBJECTIVES**

- Distinguish the physical activity required for health, physical fitness, and performance.
- Identify the motivating factors for becoming physically fit, including the benefits, goals, and challenges to manage.
- Design a training program that works for you, incorporating the key components of a personal physical fitness program.
- Understand and be able to use the Fitt principles for the health-related components of physical fitness.
- Summarize ways to prevent and treat common injuries

# **Health The Basics 10th Edition**

**Christian Drosten** 

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