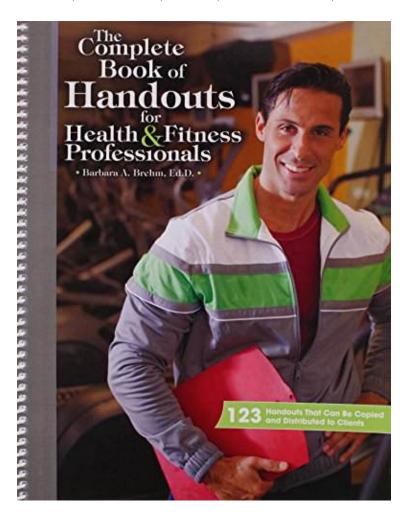
The Complete Book of Handouts for Health & Fitness Professionals

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fitness professionals looking to help their clients better understand many of the key aspects and factors affecting their health Includes over 120 handouts that can be photocopies and given to clients About the Author Barbara A Brehm Ed D is a professor of exercise and sport studies at Smith College in Northampton Massachusetts where she teaches courses in stress management nutrition and health She has worked as a fitness instructor personal trainer

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