

Psychology of Health and Fitness: Applications for Behavior Change (Foundations of Exercise Science)

By Barbara Brehm EdD



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Apply the science of health and fitness psychology to your practice!

Learn how to apply the psychology of health and fitness to your exercise programs and to solve the motivational and behavioral problems you'll encounter every day in practice. You'll explore the scientific principles and variables that influence behavior as you develop the confidence to design effective lifestyle interventions for disease prevention and develop individualized exercise programs that promote optimal health.



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