



## Exercise and Health: A Layperson s Guide

By Prof Kevin Sykes

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Professor Kevin Sykes Exercise and Health - A Layperson s Guide This book is a collection of short papers and articles about the role of exercise in promoting health and wellbeing. It represents a written response to the many questions asked by students, health professionals, public audiences, readers and viewers during the author s many years in academia, worldwide conference presentations, television and radio broadcasting, and freelance journalism.



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