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Nota di bibliografia	Includes bibliographical references (p. [197]-226) and indexes.
Nota di contenuto	Machine generated contents note: Step I Appreciating Your Biological Individuality -- Chapter 1 Body Wisdom -- Getting Started -- Nurturing Yourself -- Intrinsic Pleasures -- Self-Understanding -- Personality Factors -- Lifetime Implications -- Chapter 2 Staying Healthy -- Valuing Exercise -- Feeling Fit -- Inner Improvements -- Increasing Longevity -- Decreasing Risks -- Lessening Disabilities -- Sensible Changes --Step II Understanding Your Personal Potential -- Chapter 3 Mental Vitality -- Emotional Wellness -- Building Confidence -- Expanding Competence -- Relieving Stress -- Managing Anger -- Having Fun -- Deeper Meanings -- Chapter 4 Motivating Yourself -- Varied Options -- Moving Forward -- Gradual Progress -- Comfort Zones -- Overall Conditioning -- Relaxed Routines -- Internal Incentives --Step III Enjoying Your Exercise Experience -- Chapter 5 Playful Movement -- Enduring Influences -- Optimal Levels -- Individual Tempo -- Happy Times -- Athletic Activities -- Effective Scheduling -- Sustaining Performance -- Preventing Burnout -- Chapter 6 Muscle Games -- Lifetime Fitness -- Basic Stimulation -- Furthering Flexibility -- Gaining Strength -- Invigorating Options -- Selecting Sequences -- Alternating Endeavors --Step IV Improving Your

Physical Appearance -- Chapter 7 Eating Well -- Controlling Fat --
Influencing Appetite -- Burning Calories -- Balanced Nutrition --
Getting Leaner -- Food Preferences -- Prudent Adjustments -- Healthy
Choices -- Chapter 8 Looking Good -- Constructive Changes -- Body
Image -- Physique Variations -- Coping Patterns -- Shaping Up --
Attractive Abdominals -- Back Conditioning -- Arm Definition -- Torso
Toning -- Leg Enhancement --Step V Maximizing Your Healthful
Lifestyle -- Chapter 9 Family Fitness -- Playing Together -- Realistic
Expectations -- Good Examples -- Sensitive Support -- Youth Sports
-- Providing Alternatives -- Sharing Opportunities -- Self-Protection
-- Parenting Rewards -- Quality Time -- Chapter 10 Life Satisfaction
-- Setting Priorities -- Nutritious Enjoyment -- Ensuring Restfulness --
Sexual Fulfillment -- Enhancing Work -- Active Involvement -- Positive
Aging -- Maintaining Connections.
