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# EXERCISE AND HEALTH: A LAYPERSON'S GUIDE



**Exercise and Health**  
Professor 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,...

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- Authored by Prof Kevin Sykes
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