

RUNNING TO FITNESS

a self-styled
program of
aerobic
running

John M. Chevrette
George R. Colfer



Running To Fitness A Self Styled Program Of Aerobic Running

George R. Colfer, John M. Chevrette



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Physical Activity Gudrun Doll-Teppe, Christoph Dahms, Bernd Doll, Harald v. Selzam, 2012-12-06 From 21 24 June 1989 the
 International Federation of Adapted Physical Activity IF APA held its 7th International Symposium Adapted Physical Activity
 An Interdisciplinary Approach in Berlin West This was the first time that this symposium has been held in a German speaking
 country and it presented unique challenges to the organizers For example neither the term nor the field of adapted physical
 activity was known in Germany before the symposium Thus at the outset the organizers task was to define the meaning of
 adapted physical activity as a concept and to identify areas and professionals associated with it After lengthy and intense
 discussions we agreed on the following definition Adapted physical activity refers to movement physical activity and sports in
 which special emphasis is placed on the interests and capabilities of individuals with limiting conditions such as the disabled
 health impaired or aged Despite the fact that the use of an English term for a symposium in Germany would not be accepted
 by all German speaking professionals it was decided to use this term because no translation appeared to be fully adequate
 Sports for the Disabled Modified Movement Activities Sport Therapy or Psychomotor Exercises would have represented only
 single aspects of adapted physical activity and were thus incomplete *Fitness and Health in Industry* R. J.
 Shephard, 1986-01-29 *Running Times*, 2008-11 Running Times magazine explores training from the perspective of top
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