



## Physical Activity and Mental Health

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By Angela Clow, Sarah Edmunds

Human Kinetics Publishers. Book Condition: New. Written for students, researchers and professionals in exercise science, fitness and healthcare fields, this book details the factors that influence the relationship between mental health and physical activity as well as the benefits of physical activity in dealing with mental illnesses such as Alzheimer's disease, depression, and schizophrenia. Editor(s): Clow, Angela; Edmunds, Sarah. Num Pages: 312 pages, 33 black & white illustrations, 9 black & white halftones. BIC Classification: MMH; MQT. Category: (P) Professional & Vocational. Dimension: 223 x 279 x 23. Weight in Grams: 1082. . 2013. 1st Edition. Hardcover. . . . Books ship from the US and Ireland.



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