



Pump It Up!: Exercising Your Heart to Health

RN, Joe Petreycik

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Pump It Up! is a comprehensive strength and endurance program for prevention, rehabilitation, and treatment of heart disease, It is a step-by-step program that will also be useful to anyone who wants to exercise for fitness and to reduce their heart attack risk. There is an informative chapter on diet and nutrition, reviewed by a nutritionist, as well as a chapter on basic heart anatomy. Real life stories of clients that the author has worked with add to the book's usefulness and appeal to readers.

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