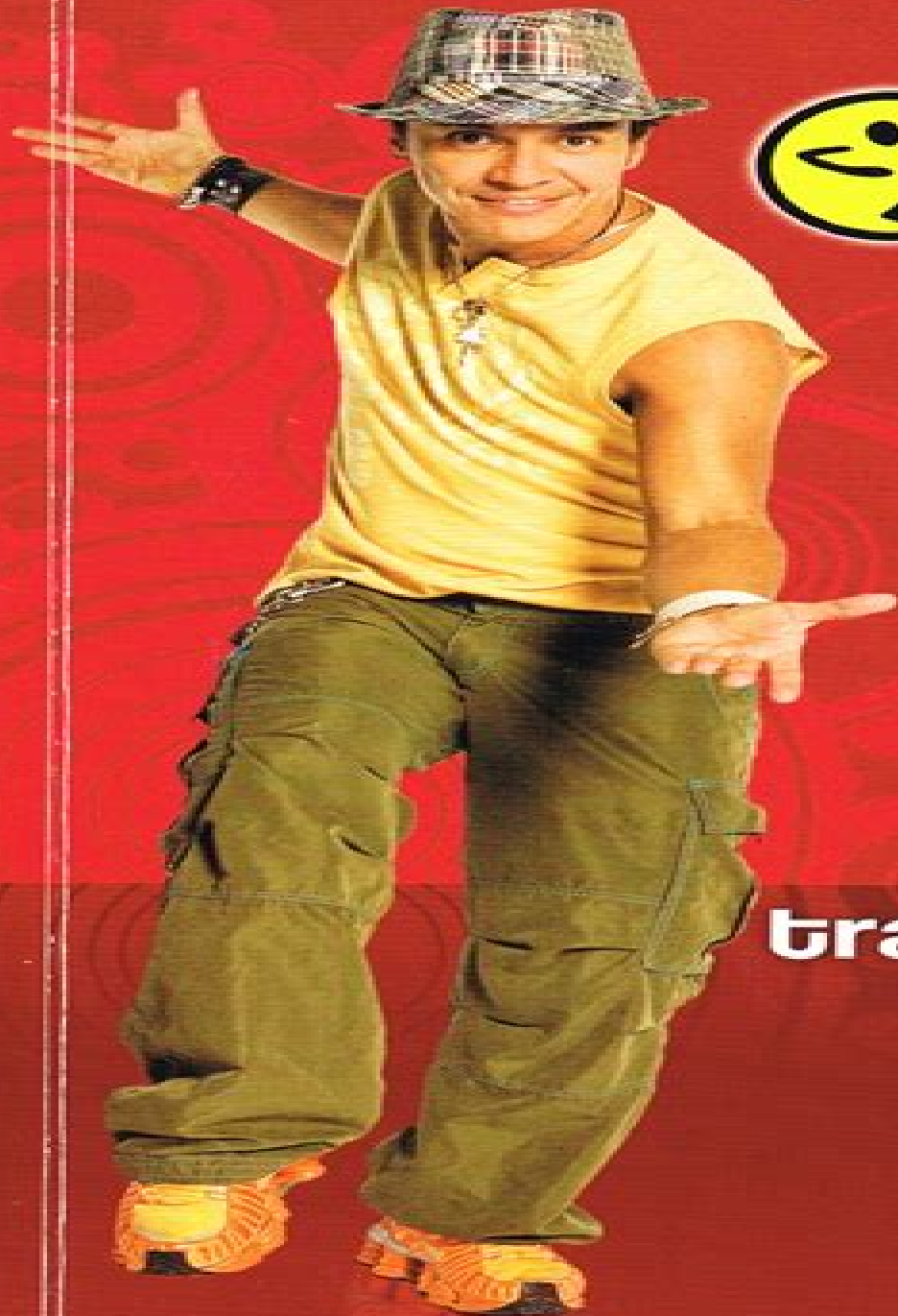




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Erin Whitehead, Jennipher Walters



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A Girl's Guide to Fitting in Fitness Erin Whitehead, Jennipher Walters, 2013-03-26 Modern teenagers always have a million things to do. *The Girl's Guide to Fitting in Fitness* shows how you can add fun and effective exercise routines to your schedule without sacrificing anything. Start living healthier with these easy workouts, simple recipes and progress charts that will take you from the page to a fitter life. This isn't an ordinary fitness book, the authors make the experience fun and interesting with facts, figures and anecdotes to back up their strategies.

Fitness Fiesta! Petra R. Rivera-Rideau, 2024-08-23 As a fitness brand, Zumba Fitness has cultivated a devoted fan base of fifteen million participants spread across 180 countries. In *Fitness Fiesta*, Petra R. Rivera-Rideau analyzes how Zumba uses Latin music and dance to create and sell a vision of Latinness that's tropical, hypersexual and party loving. Rivera-Rideau focuses on the five tropes that the Zumba brand uses to create this Latinness: authenticity, fiesta, fun, dreams and love. Closely examining videos, ads, memes and press coverage as well as interviews she conducted with instructors, Rivera-Rideau traces how Zumba Fitness constructs its ideas of Latinx culture by carefully balancing a longing for apparent authenticity with a homogenization of a marketable

south of the border style vacation She shows how Zumba Fitness claims to celebrate Latinx culture and diversity while it simultaneously traffics in the same racial and ethnic stereotypes that are used to justify racist and xenophobic policies targeting Latinx communities in the United States In so doing Rivera Rideau demonstrates not only the complex relationship between Latinidad and neoliberal postracial America but also what that relationship means for the limits and possibilities of multicultural citizenship today

Exercise and Physical Activity R. K. Devlin, 2022-10-18 This encyclopedia explores exercise and physical activity from a variety of angles including anatomy and exercise science health benefits and risks the wide array of sports and recreational activities available and the sociocultural context of physical fitness Exercise and Physical Activity From Health Benefits to Fitness Craze is a one volume encyclopedia featuring more than 200 entries that cover a multitude of exercise related topics Content is divided across five broad themes anatomy exercise science sports and activities health benefits and risks and exercise and society The anatomy theme includes entries on all the major skeletal muscle groups and associated connective tissues Within the exercise science theme entries focus on topics within the fields of physiology kinesiology and sports psychology Profiles of more than 70 sports and recreational activities are included Entries under the theme of health benefits and risks explore the effects of exercise on many of the body's physiological processes and related systems as well as specific sports related injuries Exercise and society entries profile influential individuals and organizations as well as fitness trends Together these themes support a holistic understanding of exercise encompassing both the theoretical and the practical

How To Zumba The Heck Out of Your Body Jeff Walker, 2012-03-14 This book discusses the history and origins of Zumba from a historical perspective and also offers in depth information for those wanting to get more involved in Zumba This eBook is perfect for people simply interested in taking a class or two as well as someone looking to make a career out of Zumba and create their own routine This book sorts through the various offerings of the Zumba empire and offers suggestions for those looking to take the next step into Zumba

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