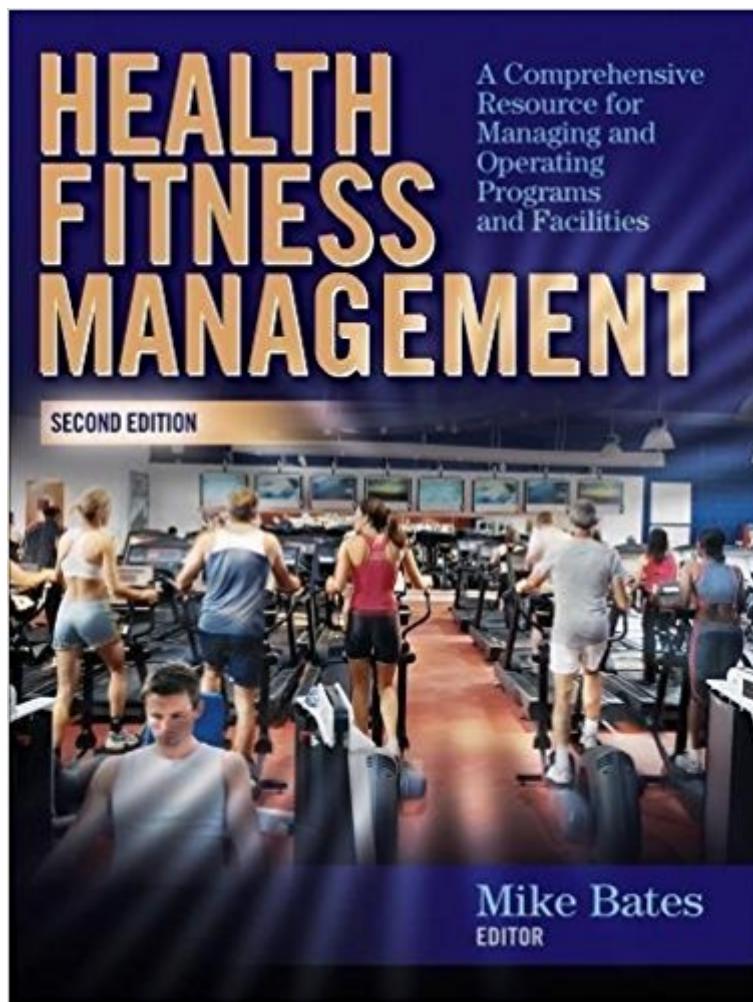


The book was found

Health Fitness Management, Second Edition



Synopsis

Health Fitness Management, Second Edition, provides an in-depth picture of the varied and rewarding role of the health and fitness club manager. With contributions from leading experts in the fitness industry, several new chapters, a more practical emphasis, enhanced features, and the addition of instructor resources, this second edition is the most authoritative and field-tested guide to management success. Whether soothing disgruntled members, ensuring club safety and profitability, or motivating staff to perform at their best, health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs. Both aspiring and practicing club managers can rely on Health Fitness Management to help them acquire and improve their management skills across all areas: Human resources: Understand the importance of organizational development and the payoffs of thoughtful staff recruitment, training, development, retention, and compensation. Sales and marketing: Discover new ways to attract and retain members and increase profitability with the right mix of products and services. Financial management: Learn how to read financial statements and understand and control the risks associated with running a fitness club. Facility maintenance: Implement systems to ensure the upkeep and safety of the facility and its equipment. Program evaluation: Determine the fitness level of the club and its programs, capitalize on strengths, and find solutions to improve weak areas. Industry perspective: Understand the history of health and fitness management, its present status, and future trends. Health Fitness Management, Second Edition, has been fully updated and organized for maximum retention and easy reference. Each chapter begins with "Tales From the Trenches," a real-life example that clearly illustrates the chapter's theoretical focus. "The Bottom Line" segments sum up the key points of the chapters in an applied context so readers can see exactly how the information is applied on the job. Learning objectives, key terms, and a list of references and recommended reading round out each chapter to make the material even more comprehensive to students, and a new instructor guide and test package make the text ideal for instructors teaching a course. Practitioners will find the added bonus of many time-saving reproducible forms, including a sample membership agreement, an equipment maintenance form, and a guest registration and exercise waiver. Written by industry experts with more than 300 combined years of experience, Health Fitness Management, Second Edition, is the fundamental resource for the management and operation of health and fitness facilities and programs. Enhanced with practical scenarios and applied knowledge, it provides a solid foundation for students preparing for a management career in the health and fitness industry and serves as an essential reference for professionals already enjoying the challenges and opportunities of club management. Important

Notice: The digital edition of this book is missing some of the images found in the physical edition.

Book Information

File Size: 5893 KB

Print Length: 400 pages

Publication Date: September 9, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005M2FHCM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #153,015 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

in Books > Business & Money > Processes & Infrastructure > Facility Management #61

in Kindle Store > Kindle eBooks > Business & Money > Management & Leadership > Production & Operations #271 in Books > Business & Money > Management & Leadership > Production & Operations

Customer Reviews

I ordered this book via Kindle because I felt that it would be a lighter load on my back. Unfortunately it is not as I expected. I am unable to see the page numbers in order to keep up with the instructor. Some of the words are not all there or shall I say cut off. I would really like to get my money back for the many mistakes in the book. The way this book is right now, I would not recommend it, but it is a great idea. I'm not trying to help anyone determine whether they will purchase this item from or not, I am posting this so will know what they are selling. I am using Kindle for Mac.

My exams were based on this book, that's why I bought it. I passed the class. Yay!

Good book for a good class.

The book goes over some very basic business concepts that are really just common sense. I would

have appreciated a more in depth look at what it takes to truly run a fitness club of some sort, but it's really not in here.

Easy to read and very detailed and informative information.

iceberg for intro to management, overall good book.

Tired old book, used it for master's level class.

very good, received before anticipated arrival date.

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Health Fitness Management, Second Edition Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Fitness y Consejos : 2017: Claves para iniciar una Fitness Life (Spanish Edition) Health Fitness Management - 2nd Edition: A Comprehensive Resource for Managing and Operating Programs and Facilities Fitness The Complete Guide (The Official Course Text For ISSA Certification Course For Fitness Trainers) Fitness Cross-Country Skiing (Fitness Spectrum) The Jennifer Nicole Lee Fitness Model Diet: JNL's

Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less from someone who's done it Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)