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A Christian Guide to Body Stewardship, Diet and Exercise - 4th Edition

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A Christian Guide to Body Stewardship, Diet and Exercise - 4th Edition

Description

This open-access textbook provides readers with a wealth of practical information regarding body stewardship, nutrition, and exercise, all written from a Christian worldview. While other textbooks provide readers with the "why" proper nutrition and regular exercise is important, this textbook takes it one step further and provides readers with the "how". Each chapter is filled with helpful charts, tables, and figures that equip readers with tangible resources and recommendations they can use to put into practice the various concepts being introduced. Additionally, each chapter is written from a Christian worldview recognizing that the human body was created for a purpose, and through Godly stewardship of our bodies, we can more effectively worship our creator.

Keywords

Cedarville, PEF 1990, Physical Activity and Healthy Living

Disciplines

Kinesiology | Life Sciences

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A CHRISTIAN GUIDE TO BODY STEWARDSHIP, DIET & EXERCISE

4th Edition



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