

References

Armbruster, B. and Gladwin, L. A.2001: "More than Fitness for Older Adults." A Whole-istic Approach to Wellness. ACSM's Health and Fitness Journal, Springer Publishing Company, New York.

Centers for Disease Control and Prevention. "Ten Great Public Health Accomplishments-United States 1900-1999." Morbidity and Mortality Weekly Reports.

Corbin, Charkes. Gregory Welk, William Corbin; Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach; 9th Edition, McGraw-Hill Higher Education Publication, USA.

Corbin, Charkes. Gregory Welk. William Corbin, Karen Welk; *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach*, Loose Leaf Edition 11th Edition, McGraw-Hill Higher Education Publication, USA.

Link web:

www.mhhe.com/hper/physed/clw/student/ www.healthstatus.com/health_blog/wellness/the-importance-of-physicalfitness www.fitness.gov.