

Books

Legends of Fitness, 1st Edition published by Healthy Learning in 2011

A comprehensive book covering The Forces, Influencers and Innovations That Helped Shape The Fitness Industry. Authored by Steven Tharrett, Frank O'Rourke, and James A. Peterson

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Fitness Management, 2nd Edition published by Healthy Learning in 2008

This is a comprehensive textbook and resource for club leaders covering nearly every aspect of the club business, from club design and development to club marketing and club operations. The book also has sections on the state of the industry, both domestically and globally.

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The ACE Fitness and Business Forms Handbook

Published by Healthy Learning in 2006. This book targets health/fitness professionals involved in the day-to-day operations of a club. The book contains over 100 forms and templates in areas such as risk management, employee development and operations.

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The Health/Fitness Club Operator's Guide to Recruiting and Retaining Great Employees

Published by Healthy Learning in 2007. This textbook is focused on providing club owners and operators with a comprehensive resource to help them in hiring, developing, empowering, leading, coaching and if needed, terminating employees. The book also contains a comprehensive array of forms and templates that can be used in managing and leading a club team.

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ACSM's Health/Fitness Facility Standards and Guidelines - Third Edition

Revised and updated to reflect the most current information from the American College of Sports Medicine, ACSM's Health/Fitness Facility Standards and Guidelines, Third Edition, outlines the proper standards and guidelines to follow for designing and operating health and fitness facilities. The book provides facility managers with the tools necessary for evaluating the quality of their facilities, staff, and programs, and it shows them what they must do to maintain the standard of care that they offer their members and users. Facility managers will also get tips on what services, equipment, or programming they should provide to enhance the overall experience at their facility, thereby increasing and retaining membership.

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Functional Flexibility

Functional Flexibility focuses on one of the three primary components of functional fitness that apply to ADL (activities of daily living). This triad, which includes flexibility, cardiovascular fitness, and muscular strength and endurance, is designed to support an individual's pursuit of their chosen daily activities, so that the individual will be able to perform those activities with greater efficiency, productivity, and with less exposure to injury. Covers flexibility movements and exercises for the lower extremities, the core, cervical region, shoulder region, and upper extremities. Also includes considerations for special populations and programs for various activities of daily living. Contains 130 clear photographs.

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