



The Outdoor Womans Guide To Sports Fitness And Nutrition

L Darling-Hammond



The Outdoor Woman's Guide To Sports Fitness And Nutrition:

The Outdoor Woman's Guide to Sports, Fitness, and Nutrition Jackie Johnson Maughan, Kathryn Collins, 1983
Explores the demands and benefits of sports outdoor fitness and nutrition to help outdoorswomen decide what activities are best for them based on their physiques and personalities

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Subject Guide to Books in Print, 1991 **Women's Studies** Catherine R. Loeb, Susan E. Seering, 1987

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